



## KATHISMA 19

### Psalm 134

*Alleluia.*

**P**raise the name of the Lord! Alleluia! Praise Him servants of the Lord! Alleluia!

2 You that stand in the house of the Lord, in the courts of the house of our God.

3 Praise the Lord, for the Lord is good; Sing praises to His name, for it is pleasant.

4 For the Lord has chosen Jacob for Himself, Israel for His special treasure.

5 For I know, the Lord is great, that our Lord is high above all gods.

6 Whatever the Lord pleased He did, in heaven and on earth, in the seas and in all deep places.

7 Who brings up clouds from the ends of the earth; He makes lightning for the rain; He brings the wind out of His treasures.

8 Who destroyed the first born of Egypt, both of man and beast.

9 Who sent signs and wonders into the midst of you, O Egypt, upon Pharaoh and all his servants.

10 Who punished many nations and slew mighty kings:

11 Sihon king of the Amorites, Og king of Bashan, and all the kingdoms of Canaan;

12 And gave their land as a heritage, a heritage to Israel His people.

13 Your name, Lord, endures forever; And Your memorial, O Lord, throughout all generations.

14 For the Lord will judge His people, and He will repent Himself concerning His servants.

15 The idols of the nations are silver and gold, the work of men's hands.

16 They have mouths, but they do not speak; They have eyes, but they do not see;

17 They have ears, but they hear not; Nor is there any breath in their mouths.

18 They that make them are like them; So is everyone who trusts in them.

19 Bless the Lord, O house of Israel! Bless the Lord, O house of Aaron!

20 Bless the Lord, O house of Levi! You who fear the Lord, bless the Lord!

21 From Zion may the Lord be blessed, He Who dwells in Jerusalem. Alleluia!

## Psalm 135

*Alleluia.*

**G**ive thanks to the Lord for He is good! Alleluia! For His great mercy is without end. Alleluia!

2 Give thanks to the God of gods! For His mercy endures forever.

3 Give thanks to the Lord of lords! For His mercy endures forever:

4 To Him that alone does great wonders; For His mercy endures forever;

5 To Him that by wisdom made the heavens; For His mercy endures forever;

6 To Him that stretched out the earth above the waters; For His mercy endures forever;

7 To Him that made great lights; For His mercy endures forever:

8 The sun to rule by day; For His mercy endures forever;

9 The moon and stars to rule by night; For His mercy endures forever.

10 To Him that struck Egypt in their first born; For His mercy endures forever;

11 And brought out Israel from among them; For His mercy endures forever;

12 Arm outstretched; with power in His hand; Alleluia! For His great mercy is without end. Alleluia!

13 To Him that divided the Red Sea in two; For His mercy endures forever;

14 And made Israel pass through the midst of it; For His mercy endures forever;  
15 But overthrew Pharaoh and his army in the Red Sea; For His mercy endures forever;  
16 To Him Who led His people through the wilderness; For His mercy endures forever;  
17 To Him Who struck down great kings; For His mercy endures forever;  
18 And slew famous kings; For His mercy endures forever:  
19 Sihon king of the Amorites; For His mercy endures forever;  
20 And Og king of Bashan; For His mercy endures forever;  
21 And gave their land as a heritage; For His mercy endures forever;  
22 Even a heritage to Israel His servant; For His mercy endures forever.  
23 Who remembered us in our lowly state; For His mercy endures forever;  
24 And He snatched us from our enemies, Alleluia! For His great mercy is without end. Alleluia!  
25 Who gives food to all flesh; For His mercy endures forever.  
26 Give thanks to the God of heaven! Alleluia! For His great mercy is without end. Alleluia!

## Psalm 136

*A Psalm of David.*

**B**y the rivers of Babylon, we sat down and wept, when we remembered Zion.  
2 We hung our harps upon the willows in the midst of it.  
3 For there they that had taken us captive, required of us a song; And they that carried us away, required of us mirth, saying, "Sing us one of the songs of Zion!"  
4 How shall we sing the Lord's song in a strange land?  
5 If I forget you, O Jerusalem, let my right hand wither!  
6 If I do not remember you, let my tongue cling to the roof of my mouth, If I prefer not Jerusalem above my supreme joy.  
7 Remember, O Lord, the children of Edom, in the day of Jerusalem, who said, "Raze it, raze it, to its very foundation!"  
8 O daughter of Babylon, who is to be destroyed, happy shall he be who repays you as you have served us!

9 Happy shall he be who takes and dashes your little ones against the stone.

*Glory to the Father and to the Son and to the Holy Spirit; Now and ever and unto ages of ages. Amen; Alleluia, alleluia, alleluia glory to You O God (3x); Lord have mercy (3x); Glory to the Father and to the Son and to the Holy Spirit; Now and ever and unto ages of ages. Amen.*

### Psalm 137

*A Psalm of David.*

**I** will give thanks to You, O Lord with my whole heart; I will praise You before the angels, for You have heard the word of my mouth.

2 I will worship toward Your holy temple, and praise Your name for Your kindness and Your truth, for You have magnified Your name above all names.

3 In the day when I cried out, You answered me, and strengthened me with power in my soul.

4 All the kings of the earth shall praise You, O Lord, when they hear the words of Your mouth.

5 They shall sing of the ways of the Lord, for great is the glory of the Lord.

6 Though the Lord is on high, yet He has compassion on the lowly; But He looks upon the proud from afar.

7 Though I walk in the midst of trouble, You will revive me; You will stretch out Your hand against the wrath of my enemies, and Your right hand will save me.

8 You will repay them, on my behalf, O Lord, for Your mercy endures forever; Do not forsake the works of your hands.

### Psalm 138

*A Psalm of David. To the Chief Musician.*

**O** Lord, You have searched me and known me.

2 You know my sitting down and my rising up; You understand my thought afar off.

3 You comprehend my path and my lying down, and are acquainted with all my ways.

4 For there is not a word on my tongue, but behold, O Lord, You know it altogether, the last and the first.

5 You have fashioned me, and laid Your hand upon me.  
6 Such knowledge is too much for me, it is too high, I cannot attain it.  
7 Where can I go from Your spirit? Or where can I flee from Your presence?  
8 If I ascend into heaven, You are there; If I go down to Hades, behold, You are there.  
9 If I spread my wings in the morning to fly, and dwell in the uttermost parts of the sea,  
10 Even there Your hand shall lead me, and Your right hand shall hold me.  
11 If I say, "Surely the darkness shall cover me," even the night shall be light about me;  
12 Indeed, the darkness cannot hide me from You, for with You, the night shines as the day; The darkness and the light are both alike to You.  
13 For You have formed my reins; You have covered me in my mother's womb.  
14 I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, and that my soul knows very well.  
15 My frame was not hidden from You, when I was made in secret, and skillfully wrought in the lowest part of the earth.  
16 Your eyes saw my substance, being yet unformed. And in your book all my members were written, the days fashioned for me, when as yet there were none of them!  
17 How precious also are your thoughts to me, O God! How great is the sum of them!  
18 If I should count them, they are more in number than the sand; When I awake, I am still with You.  
19 Surely You would slay the wicked, O God! Depart from me, you men of blood!  
20 For they speak against You wickedly, and Your enemies take Your name in vain.  
21 Do I not hate them, O Lord, that hate You? And wasted away because of Your enemies?  
22 I have hated them with perfect hatred, and I count them my enemies.  
23 Search me, O God, and know my heart; Try me and know my thoughts;  
24 And see if there is any wicked way in me, and lead me in the way everlasting.

**Psalm 139**

*A Psalm of David. To the Chief Musician.*

**R**escue me, O Lord, from the evil men; preserve me from the violent men,

2 Which imagine mischief in their hearts; They continually gather together for war.

3 They sharpened their tongues like a serpent; The poison of asps is under their lips.

4 Keep me, O Lord, from the hands of the wicked; preserve me from violent men, who have proposed to overthrow my goings.

5 The proud have hidden a snare for me, and cords; They have spread a net by the wayside; they have set traps for me.

6 I said to the Lord: "You are my God; Hear the voice of my supplications, O Lord."

7 O Lord God, the strength of my salvation, You have covered my head in the day of battle.

8 Grant not O Lord, the desires of the wicked; Do not further his wicked devices, lest they be exalted.

9 As for the head of those who surround me, let the mischief of their own lips cover them;

10 Let burning coals fall upon them; Let them be cast into the fire, into deep pits, that they rise not up again.

11 Let not an evil speaker be established in the earth; Evil shall hunt the violent man to overthrow him."

12 I know that the Lord will maintain the cause of the afflicted, and the right of the poor.

13 The righteous shall give thanks to Your name; The upright shall dwell in Your presence.

**Glory** to the Father and to the Son and to the Holy Spirit; Now and ever and unto ages of ages. Amen; Alleluia, alleluia, alleluia glory to You O God (3x); Lord have mercy (3x); Glory to the Father and to the Son and to the Holy Spirit; Now and ever and unto ages of ages. Amen.

**Psalm 140***A Psalm of David.*

**L**ord, I have cried to You; Hear me! Attend to the voice of my supplication when I cry to You.

2 Let my prayer arise in your sight as incense, and let the lifting up of my hands be an evening sacrifice.

3 Set a guard, O Lord, over my mouth; And keep watch over the door of my lips.

4 Incline not my heart to any evil thing, nor to practice wicked deeds with men who work iniquity; And do not let me join with their choice ones.

5 The righteous shall chasten me with mercy and reprove me; But the oil of the wicked shall never touch my head. Yet even then I will pray for their good will.

6 Their judges are overthrown by the sides of the cliff, and they hear my words, for they are sweet.

7 Our bones are scattered at the mouth of the grave, as a lump of earth is crushed upon the ground.

8 But my eyes are upon You, O God the Lord; In You I must trust; Do not leave my soul destitute.

9 Keep me from the snares which they have laid for me, and from the traps of the workers of iniquity.

10 Let the wicked fall into their own nets, while I escape safely.

**Psalm 141***A Psalm of David. For Instruction. When He Was in the Cave Praying.*

**I** cry out to the Lord with my voice; With my voice to the Lord I make my supplication.

2 I pour out my complaint before Him; I showed before Him my trouble.

3 When my spirit was fainted within me, then You knew my path. In the way in which I walk they have secretly laid a snare for me.

4 I looked on my right hand and beheld, but there was no one who knew me; Refuge failed me; No one cared for my soul.

5 I cried out to You, O Lord: I said: "You are my refuge, my portion in the land of the living.

6 Attend to my cry, for I am brought very low; Deliver me from my

persecutors, for they are stronger than I.

7 Bring my soul out of prison, that I may praise Your name; The righteous shall surround me, for You shall deal bountifully with me.”

## Psalm 142

*A Psalm of David. For Instruction. When His Son Abessalom was Persecuting Him.*

**L**ord hear my prayer; Listen to my supplication, in Your truth; Answer me, in Your righteousness.

2 Do not enter into judgment with Your servant, for in Your sight no one living is righteous.

3 For the enemy has persecuted my soul; He has crushed my life down to the ground; He has made me dwell in darkness, like those who have long been dead.

4 Therefore my spirit is overwhelmed within me, and my heart is in despair.

5 I remember the days of old; I meditate on all Your works; I pondered the works of Your hands.

6 I stretch out my hands to You; My soul thirsts after You like a thirsty land.

7 Hear me speedily, O Lord; My spirit fails! Do not hide Your face from me, lest I be like those who go down into the pit.

8 Cause me to hear Your loving-kindness in the morning, for in You do I trust; Teach me the way in which I should walk, for I lift up my soul to You.

9 Deliver me, O Lord, from my enemies; For I have fled to You for refuge.

10 Teach me to do Your will, for You are my God; Your good Spirit shall guide me on the straight path.

11 Revive me, O Lord, for Your name’s sake! In Your righteousness, You shall bring my soul out of trouble.

12 In Your mercy, cut off my enemies, and destroy all those who afflict my soul; For I am Your servant.

**Glory** to the Father and to the Son and to the Holy Spirit; Now and ever and unto ages of ages. Amen; Alleluia, alleluia, alleluia glory to You O God (3x); Lord have mercy (3x); Glory to the Father and to the Son and to the Holy Spirit; Now and ever and unto ages of ages. Amen.



**Prayers after the Nineteenth Kathisma**

Heavenly King, Comforter, Spirit of Truth, Who are present everywhere and fulfilling all things, Treasury of Blessings and Source of Life: Come abide in us, cleanse us of all stain, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All Holy Trinity, have mercy on us. Lord, cleanse us of our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for the glory of Your name.

Lord, have mercy (3x).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, Who art in heaven, hallowed be Thy Name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

Come, let us worship God our King. Come, let us worship and fall down before Christ, our King. Come, let us worship and fall down before Christ Himself, our King and our God.

*And these troparia, Tone 7:*

Gratefully I glorify You, my God, for You grant repentance to each one who sins. O Savior, when You come to judge the whole world, do not shame me who have committed shameful deeds.

Glory to the Father, and to the Son, and to the Holy Spirit:

Endlessly I have transgressed against You and endless are the torments I await. Have compassion, O my God, and save me.

Now and ever and unto ages of ages. Amen.

I run for refuge to the multitude of your mercies; tear asunder the chains of my sins, O Mother of God.

Lord, have mercy (40x)

Master, Christ God, Who heal my passions by Your Passion and cure my wounds by Your wounds, grant tears of tender compunction to me who have greatly sinned against You. Unite to my body the fragrance of Your life-creating Body and by Your precious Blood sweeten my soul of the bitterness the adversary has given me to drink. Lift my mind, drawn ever downwards, to Yourself, and lead me up from the abyss of perdition; for I have no repentance, I have no tenderheartedness, I have no comforting tears which raise children up to their inheritance. I have darkened my mind with the passions of this life and cannot raise my eyes to You with distress, I cannot warm myself with tears of love for You; but O Lord and Master, Jesus Christ, Treasury of Blessings, grant me thorough repentance and a diligent heart to seek after You; grant me Your grace and renew in me the semblance of Your image. I have forsaken You, do not forsake me. Come out in search of me, lead me up to Your pastures, and number me with Your chosen flock, nourishing me with them upon the grass of Your Divine Mysteries, by the prayers of Your most holy Mother and all Your saints. Amen.

