



## KATHISMA 20

### Psalm 143

*A Psalm of David. Against Goliath.*

**B**lessed be the Lord my God, Who trains my hands for war, and my fingers for battle;  
2 My mercy and my refuge; My helper and my deliverer; My protector, and the One in Whom I take refuge; Who subdues my people under me.  
3 Lord, what is man, that You take knowledge of him? Or the son of man, that You take account of him?  
4 Man is likened to vanity; His days are like a passing shadow.  
5 Incline Your heavens, O Lord, and come down; Touch the mountains and they shall smoke.  
6 Cast forth lightning and scatter them; Shoot out Your arrows and destroy them.  
7 Send Your hand from above; Rescue me and deliver me out of great waters, from the hand of foreigners,  
8 Whose mouth speaks vain words, and whose right hand is a right hand of falsehood.  
9 I will sing a new song to You, O God; Upon a psaltery and an instrument of ten strings I will sing praises to You,  
10 It is He Who gives salvation to kings, Who delivers David His servant from the hurtful sword.

11 Rescue me and deliver me from the hand of strange children, Whose mouth speaks vain words, and Whose right hand is a right hand of falsehood.

12 That our sons may be as plants grown up in their youth; That our daughters may be as cornerstones, polished in palace style;

13 That our barns may be full, supplying all kinds of produce; That our sheep may bring forth thousands and ten thousands in our streets;

14 That our oxen may be fat; That there be no breaking in or going out; That there be no complaining in our streets.

15 Happy are the people who are in such a state; Happy are the people whose God is the Lord!

## Psalm 144

*A Psalm of David. A Psalm of Praise.*

**I** will exalt You my God and my King; And I will bless Your name for ever and ever.

2 Every day I will bless You, and I will praise Your name forever and ever.

3 Great is the Lord, and greatly to be praised; And His greatness is without end.

4 One generation shall praise Your works to another, and shall declare Your mighty acts.

5 They will tell the glorious splendor of Your holiness, and will recount Your wondrous works.

6 Men shall speak of the might of Your terrible acts, and will declare Your greatness.

7 They shall utter the memory of Your great goodness, and shall sing of Your righteousness.

8 The Lord is gracious and full of compassion, slow to anger and of great mercy.

9 The Lord is good to all, and His tender mercies are over all His works.

10 All Your works shall praise You, O Lord, and Your saints shall bless You.

11 They shall speak of the glory of Your kingdom, and talk of Your power,

12 To make known to the sons of men His mighty acts, and the glorious majesty of His kingdom.

13 Your kingdom is an everlasting kingdom, and Your dominion endures throughout all generations.

14 The Lord upholds all who fall, and raise up all those who are bowed down.

15 The eyes of all hope in You, and You give them food in due season.

16 You open Your hand and satisfy the desire of every living thing.

17 The Lord is righteous in all His ways, and gracious in all His works.

18 The Lord is near to all who call upon Him, to all who call upon Him in truth.

19 He will fulfill the desire of those who fear Him; He also will hear their cry and save them.

20 The Lord preserves all who love Him, But all the wicked He will destroy.

21 My mouth shall speak the praise of the Lord, and let all flesh bless His holy name forever and ever.

*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 145

*A Psalm of Aggeus and of Zacharias. Alleluia.*

**P**raise the Lord, O my soul!

2 I will praise the Lord as long as I live; I will sing praises to my God while I have my being.

3 Do not put your trust in princes, nor in the sons of men, in whom there is no salvation.

4 His breath shall go forth, and he shall return to his earth; In that very day his plans perish.

5 Blessed is he whose helper is the God of Jacob, whose hope is in the Lord his God,

6 Who made heaven and earth, The sea and all that is in them; Who keeps truth forever,

7 Who executes judgment for the oppressed, Who gives food to the hungry. The Lord gives freedom to the prisoners.

8 The Lord gives wisdom to the blind; The Lord raises those who are bowed down; The Lord loves the righteous.

9 The Lord watches over the strangers; He relieves the orphan and widow;  
But the way of the wicked He turns upside down.

10 The Lord shall reign forever, your God, O Zion, to all generations.

### **Psalm 146**

*A Psalm of Aggeus and of Zacharias. Alleluia.*

**P**raise the Lord! For it is good to sing praises to our God; It is pleasant and praise is beautiful.

2 The Lord builds up Jerusalem; He gathers together the outcasts of Israel.

3 He heals the brokenhearted and binds up their wounds.

4 He counts the number of the stars; he calls them all by name.

5 Great is our Lord, and mighty in power; His understanding is infinite.

6 The Lord lifts up the meek; He casts the wicked down to the ground.

7 Sing to the Lord with thanksgiving; Sing praises on the harp to our God,

8 Who covers the heavens with clouds, Who prepares rain for the earth,  
Who makes grass to grow on the mountains.

9 He gives to the beast its food, and to the young ravens that cry.

10 He delights not in the strength of the horse; He takes no pleasure in the legs of a man.

11 The Lord takes pleasure in them that fear Him, in those who hope in His mercy.

### **Psalm 147**

*A Psalm of Aggeus and of Zacharias. Alleluia.*

**P**raise The Lord, O Jerusalem, Praise Your God, O Zion!

2 For He has strengthened the bars of your gates; He has blessed your children within you.

3 He makes peace in your borders, and fills you with the finest wheat.

4 He sends out His command to the earth; His word runs very swiftly.

5 He gives snow like wool; He scatters the frost like ashes;

6 He casts out His ice like morsels; Who can stand before His cold?

7 He sends out His word and melts them; He causes His wind to blow,  
and the waters flow.

8 He declares His word to Jacob, His statutes and His judgments to Israel.

9 He has not dealt thus with any nation; And as for His judgments, they have not known them.

*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 148

*A Psalm of Aggeus and of Zacharias. Alleluia.*

**P**raise the Lord from the heavens; Praise Him in the heights!  
2 Praise Him all His angels; Praise Him all His hosts!  
3 Praise Him sun and moon; Praise Him all you stars of light!  
4 Praise Him, you heavens of heavens, and you waters above the heavens!  
5 Let them praise the name of the Lord, for He commanded and they were created.  
6 He has also established them forever and ever; He has made a decree which shall not pass away.  
7 Praise the Lord from the earth, you great sea creatures and all the depths;  
8 Fire and hail, snow and ice; Stormy wind, fulfilling His word;  
9 Mountains and all hills; fruitful trees and all cedars;  
10 Beasts and all cattle; Creeping things and flying fowl;  
11 Kings of the earth and all peoples; Princes and all judges of the earth;  
12 Both young men and maidens; Old men and children.  
13 Let them praise the name of the Lord, for His name alone is exalted; His glory is above the earth and heaven.  
14 He has exalted the horn of His people, a praise for all His saints, even of the children of Israel, a people near to Him.

## Psalm 149

*Alleluia.*

**S**ing to the Lord a new song; His praise in the assembly of the faithful.  
2 Let Israel rejoice in their maker; Let the children of Zion be joyful in their King.  
3 Let them praise His name with the dance; let them sing praises to Him with the timbrel and harp.

4 For the Lord takes pleasure in His people; And will exalt the humble with salvation.

5 Let the saints be joyful in glory; Let them sing aloud on their beds.

6 The high praises of God shall be in their mouth, and a two-edged sword in their hand.

7 To execute vengeance on the nations, and punishments on the peoples;

8 To bind their kings with chains, and their nobles with fetters of iron;

9 To execute on them the written judgment. This honor have all His saints.

### Psalm 150

*Alleluia.*

**P**raise God in His saints; Praise Him in His mighty firmament!

2 Praise Him for His mighty acts; Praise Him according to His abundant glory!

3 Praise Him with the sound of the trumpet; Praise Him with psaltery and harp!

4 Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes;

5 Praise Him with resounding cymbals; Praise Him with cymbals of triumph!

6 Let everything that breathes praise the Lord!

***G**lory 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 Twentieth 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.

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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.

*Then these troparia, Tone 8:*

You, O my Christ, are the fulfillment of all that is good; fill my soul with joy and gladness as You alone abound in mercies; and save me.

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

Although I have sinned against You, O Christ my Savior, I know no other God but You. Therefore I make bold to trust in Your great goodness: receive me who return as the prodigal son, O Father of great goodness, Son only-begotten and Holy Spirit; save me.

Now and ever and unto ages of ages. Amen.

I know no other refuge or warm advocate beside you, O sovereign Lady, who have boldness before the One born of you; help me, Your servant.

Lord, have mercy (40x).

Lord Jesus Christ my God, have mercy on me a sinner, and forgive me Your unworthy servant who have greatly sinned against You throughout my life to

this very day; in whatever way I have humanly transgressed, forgive me: my voluntary and involuntary sins, or word or deed, of mind or thought, due to distractedness, heedlessness, my great laziness or negligence. If I have sworn by Your Name, taken a false oath or blasphemed in my thoughts; if I have reproached, slighted or saddened anyone; if I have been angered in some way or taken what is not mine; if I have eaten on the sly, told an untruth, or have been adulterous; if someone approached me and I spurned him; if I have grieved or troubled my brother; if when standing in prayer and psalmody my evil mind was distracted by evil thing; if I have enjoyed endless chatter, laughed frivolously or spoken blasphemy; if I have been vainglorious or prideful; if I have gazed upon vain beauty and been led astray by it or dwelt upon it indecently; if at the time for prayer I have been negligent or if I have not heeded the bidding of my spiritual father; if I have engaged in idle talk or done some other evil thing- for I have done all this and more, but fail to call it to mind: have mercy, O Lord, and Forgive me everything, that I might lie down and sleep in peace; hymning, blessing and glorifying You with Your beginningless Father and Your all-holy good and life-creating Spirit, now and ever and unto ages of ages. Amen.

