



## KATHISMA 3

### Psalm 17

*A Psalm of David. To the Chief Musician; In the Day When the Lord Delivered Him From the Hands of His Enemies, and From the Hands of Saul.*



I will love You, O Lord, my strength.

2 The Lord is my rock and my fortress and my deliverer; My God, my strength, in Whom I will trust; My shield and the horn of my salvation, my stronghold.

3 I will call upon the Lord, Who is worthy to be praised; So shall I be saved from my enemies.

4 The pangs of death encompassed me, and the floods of ungodliness made me afraid.

5 The sorrows of Hades surrounded me; The snares of death confronted me.

6 In my distress I called upon the Lord, and cried out to my God; He heard my voice from His temple, and my cry came before Him, even into His ears.

7 Then the earth shook and trembled; The foundation of the mountains also quaked and were shaken, because He was enraged.

8 Smoke went up in His wrath, and devouring fire from His mouth; Coals were kindled by it.

9 He bowed the heavens also, and came down; Darkness was under His feet.

10 And He rode upon a cherub, and did fly; Yes, He flew upon the wings of the wind.

11 He made darkness His secret place; His canopy around Him was dark waters and thick clouds of the skies.

12 From the brightness before Him, His thick clouds passed, hailstones and coals of fire.

13 The Lord also thundered in the heavens, and the Most High uttered His voice; Hailstones and coals of fire.

14 Yes, He sent out His arrows and scattered the foe, lightning in abundance, and He defeated them.

15 Then the channels of waters were seen, and the foundation of the world were uncovered at Your rebuke, O Lord, at the blast of the breath of Your wrath.

16 He sent from above, He took me; He drew me out of many waters.

17 He delivered me from my strong enemy, and from them who hated me, for they were too strong for me.

18 They confronted me in the day of my calamity, but the Lord was my support.

19 He also brought me out into a large place; He delivered me because He delighted in me.

20 The Lord rewarded me according to my righteousness; according to the cleanness of my hands has He recompensed me.

21 For I have kept the ways of the Lord; I have not wickedly departed from my God.

22 For all His judgments were before me, and I did not put away His statutes from me.

23 I was also blameless before Him, and I kept myself from my iniquity.

24 Therefore the Lord has recompensed me according to my righteousness, according to the cleanness of my hands in His eyesight.

25 With the merciful You will show Yourself merciful; With a blameless man You will show Yourself righteous;

26 With the pure You will show Yourself pure; And with the devious You will show Yourself shrewd.

27 For You will save the afflicted people, but will bring down high looks.

28 For You will light my candle; The Lord my God will enlighten my darkness.

29 For by You I have run against a troop, and by my God I can leap over

a wall.

30 As for God, His way is perfect; The word of the Lord is tried; He is a shield to all who trust in Him.

31 For who is God, except the Lord? And who is a rock, except our God?

32 It is God who arms me with strength, and makes my way perfect.

33 He makes my feet like deer's feet, and sets me on my high places.

34 He teaches my hands to make war, so that a bow of steel is broken by my arms.

35 You have also given me the shield of Your salvation; Your right hand has held me up, Your gentleness has made me great.

36 You enlarged my path under me, that my feet did not slip.

37 I have pursued my enemies and overtaken them; neither did I turn back again till they were consumed.

38 I have wounded them, so that they were not able to rise; They have fallen under my feet.

39 For You have girded me with strength unto the battle; You have subdued under me those who rose up against me.

40 You have also given me the necks of my enemies, so that I might destroy those who hate me.

41 They cried out, but there was none to save them, even to the Lord, but He answered them not.

42 Then I beat them as fine as the dust before the wind; I cast them out like dirt in the streets.

43 You have delivered me from the striving of the people, You have made me the head of the nations; A people I have not known shall serve me.

44 As soon as they hear of me they shall obey me; The strangers shall submit themselves to me.

45 The strangers fade away, and come frightened from their hideouts.

46 The Lord lives! Blessed be my Rock! Let the God of my salvation be exalted.

47 It is God who avenges me, and subdues the people under me;

48 He delivers me from my enemies. You also lift me up above those that rise against me; You have delivered me from the violent man.

49 Therefore I will give thanks to You, O Lord, among the nations, and sing praises to Your name.

50 Great deliverance He gives to His king, and shows mercy to His anointed, to David and his seed forevermore.

*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 18

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

**T**he heavens declare the glory of God; And the firmament shows His handiwork.

2 Day unto day utters speech, and night unto night reveals knowledge.

3 There is no speech nor language where their voice is not heard.

4 Their voice has gone out through all the earth, and their words to the end of the world. In them He has set a tabernacle for the sun,

5 Which is like a bridegroom coming out of his chamber, and rejoices as a strong man to run a race.

6 Its rising is from one end of heaven, and its circuit to the end of it; And there is nothing hidden from its heat.

7 The law of the Lord is perfect, converting the soul; The testimony of the Lord is sure, making the simple wise.

8 The statutes of the Lord are right, rejoicing the heart; The commandment of the Lord is pure, enlightening the eyes;

9 The fear of the Lord is clean, enduring forever; The judgments of the Lord are true and altogether righteous.

10 More to be desired are they than gold, Yea, than much fine gold; Sweeter also than honey and the honeycomb.

11 Moreover by them Your servant is warned, and in keeping them there is great reward.

12 Who can understand his errors? Cleanse me from secret faults.

13 Keep back Your servant also from presumptuous sins; Let them not have dominion over me. Then I shall be blameless, and I shall be innocent of great transgression.

14 Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my redeemer.

**Psalm 19**

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

**M**ay the Lord hear you in the day of trouble; May the name of the God of Jacob defend you;  
2 May He send you help from the sanctuary, and strengthen you out of Zion;  
3 May He remember all your offerings, and accept your burnt sacrifice.  
4 May He grant you according to your own heart, and fulfill all your purpose.  
5 We will rejoice in your salvation, and in the name of our God we will set up our banners! May the Lord fulfill all your petitions.  
6 Now I know that the Lord saves His anointed; He will hear him from His holy heaven with the saving strength of His right hand.  
7 Some trust in chariots and some in horses; But we will remember the name of the Lord our God.  
8 They are brought down and fallen; But we have risen and stand upright.  
9 Lord, save the King, and hear us in whatever day we call you!

**Psalm 20**

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

**T**he King shall have joy in your strength, O Lord; And in Your salvation how greatly shall he rejoice!  
2 You have given him his heart's desire, and have not withheld the request of his lips.  
3 For You meet him with the blessings of goodness; You set a crown of pure gold upon his head.  
4 He asked life from You, and You gave it to him, even length of days for ever and ever.  
5 His glory is great in Your salvation; Honor and majesty You have placed upon him.  
6 For You have made him most blessed forever; You have made him exceedingly glad with Your countenance.  
7 For the king trusts in the Lord, and through the mercy of the Most High he shall not be moved.  
8 Your hand will find out all Your enemies; Your right hand will find out those who hate You.

9 You shall make them as a fiery oven in the time of Your anger; The Lord shall swallow them up in His wrath, and the fire shall devour them.

10 Their offspring You shall destroy from the earth, and their descendants from among the sons of men.

11 For they intended evil against You; They devised a plot which they are not able to perform.

12 Therefore You will make them turn their back; You will make ready Your arrows on Your string toward their faces.

13 Be exalted, O Lord, in Your own strength! So we will sing and praise Your power.

*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 21

*A Psalm of David. To the Chief Musician for the Morning Help.*

**M**y God, My God, why have You forsaken Me? Why are You so far from helping Me, and from the words of My groaning?

2 O My God, I cry in the daytime, but You do not hear; And in the night season, I am not silent.

3 But You, O praise of Israel, dwell in Your holy place.

4 Our fathers trusted in You; They trusted and You delivered them.

5 They cried to You, and were delivered; They trusted in You and were not confounded.

6 But I am a worm and no man; a reproach of men and despised by the people.

7 All those who see Me laugh me to scorn; They shoot out the lip, they shake the head, saying,

8 "He trusted in the Lord, let Him rescue Him; Let Him deliver Him, since He delighted in Him!"

9 But You are He who took Me out of the womb; You made Me trust when I was on My mother's breasts.

10 I was cast upon You from the womb. From My mother's womb You have been My God.

11 Be not far from Me, for trouble is near; For there is none to help.  
12 Many bulls have surrounded Me; Strong bulls of Bashan have surrounded Me.  
13 They gape at Me with their mouths, as a devouring and roaring lion.  
14 I am poured out like water, and all My bones are out of joint; My heart is like wax; it has melted within Me.  
15 My strength is dried up like a potsherd, and My tongue clings to My Jaws; You have brought Me to the dust of death.  
16 For dogs have encompassed Me; The assembly of the wicked has enclosed Me. They pierced My hands and My feet;  
17 I can count all My bones. They look and stare at Me.  
18 They divided my garments among them, and cast lots upon My vesture.  
19 But You, O Lord, do not be far from Me; O My strength, hasten to help Me!  
20 Deliver Me from the sword, My precious life from the power of the dog.  
21 Save Me from the lion's mouth and from the horns of the unicorn.  
22 I will declare Your name to My brethren; In the midst of the congregation I will praise You.  
23 You who fear the Lord, praise Him! All You descendants of Jacob, glorify Him, and fear Him, All you offsprings of Israel!  
24 For He has not despised nor abhorred the affliction of the afflicted; Nor has He hidden His face from Him; But when He cried to Him, He heard.  
25 My praise shall be of You in the great assembly; I will pay My vows before those who fear Him.  
26 The poor shall eat and shall be satisfied; And those who seek the Lord shall praise Him. Their hearts shall live forever!  
27 All the ends of the world shall remember and turn to the Lord, and all the families of the nations shall worship before You.  
28 For the kingdom is the Lord's, and He rules over the nations.  
29 All the prosperous of the earth shall eat and worship; all those who go down to the dust shall bow before Him, and none can keep alive his own soul.  
30 A seed shall serve Him. It will be accounted to the Lord for a generation.  
31 They shall come and declare His righteousness to a people that shall be born, that He has done this.

**Psalm 22**

*A Psalm of David. On a Saturday.*

**T**he Lord is my shepherd; I shall not want.

2 He makes me to lie down in green pastures; He leads me beside the still waters.

3 He restores my soul; He leads me in the paths of righteousness for His name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.

6 Surely goodness and mercy shall follow me all the days of my life; And I will dwell in the house of the Lord forever.

**Psalm 23**

*A Psalm of David.*

**T**he earth is the Lord's and all its fullness, the world and those who dwell therein.

2 For He has founded it upon the seas, and established it upon the waters.

3 Who shall ascend into the mountain of the Lord? Or who shall stand in His holy place?

4 He that has clean hands and a pure heart, who has not lifted up his soul unto vanity, nor sworn deceitfully.

5 He shall receive blessing from the Lord, and righteousness from the God of his salvation.

6 This is the generation of those that seek Him, that seek the face of God of Jacob.

7 Lift up Your gates, you princes, and be lifted up, you everlasting doors! And the King of glory shall come in.

8 Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.

9 Lift up your gates, you princes, and be lifted up, you everlasting doors! And the King of glory shall come in.

10 Who is this King of glory? The Lord of hosts, He is the King of glory.



*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 Third Kathisma**

O 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 3:*

While you are yet upon earth, repent, O my soul. Dust in the grave does not sing, nor does it deliver from transgressions. Cry out to Christ God: O Knower of Hearts, I have sinned; before You pronounce judgment upon me, have mercy on me. How long, O my soul, will you remain in sin? How long will it be before you accept the transformation of repentance? Be very mindful of the coming judgment and call out to the Lord: O Knower of Hearts, I have sinned. Before You pronounce judgment upon me, have mercy on me.

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

At the dread Judgment I shall be condemned without accusers, I shall be judged without witnesses; for the books of conscience will be thrown open and hidden deeds will be revealed. Before You search out what I have done at the gathering of all peoples, O God, cleanse me and save me.

Now and ever and unto ages of ages. Amen.

The awesome mystery accomplished in you is truly beyond conceiving and understanding, O sovereign Lady blessed of God; for you conceived the One Who cannot be circumscribed. You gave birth to Him Who put on flesh from your pure blood. As He is your Son, pure Lady, entreat Him to save all who hymn you.

Lord, have mercy (*40x*).

O, Jesus Christ, perfect God, Word of the Father beyond all beginning, Almighty Lord, You are in no way separated from Your servants, but ever abide in them. Do not forsake me, Your servant, all-holy King, but grant me, the unworthy one, the joy of Your salvation; illumine my mind with the light of the understanding of Your Gospel, fasten my soul with love to Your Cross, beautify my body with Your freedom from passions, appease my thoughts, and keep my feet from falling. Do not destroy me with my sins, O good Lord, but search me, O God, and know my heart, try me and discern my path. If there be in me any wicked way, turn me from it and lead me in the way everlasting. For You are the Way, the Truth, and the Life and to You we ascribe glory, together with Your Father Who has no beginning and Your all-holy, good and life-creating Spirit, now and ever and unto the ages of ages. Amen.

