



KATHISMA 4

Psalm 24

A Psalm of David

- T**o You, O Lord, I lift up my soul.
2 O my God, I trust in You; Let me not be ashamed; Let not my enemies triumph over me.
3 Indeed, let no one who waits on You be ashamed; Let those be ashamed who transgress without cause.
4 Show me Your ways, O Lord; Teach me Your paths.
5 Lead me in Your truth and teach me, for You are the God of my salvation; On You I wait all the day.
6 Remember, O Lord, Your tender mercies and Your loving-kindnesses for they have been ever from of old.
7 Remember not the sins of my youth, nor my transgressions; According to Your mercy remember me, for Your goodness' sake, O Lord.
8 Good and upright is the Lord; Therefore He teaches sinners in the way.
9 The humble He guides in justice, and the meek He teaches His way.
10 All the paths of the Lord are mercy and truth, to such as keep His covenant and His testimonies.
11 For Your name's sake, O Lord, pardon my iniquity, for it is great.

12 What man is he that fears the Lord? Him shall He teach in the way He chooses.

13 He himself shall dwell in prosperity, and his descendants shall inherit the earth.

14 The secret of the Lord is with them that fear Him, and He will show them His covenant.

15 My eyes are ever toward the Lord, for He shall pluck my feet out of the net.

16 Turn Yourself to me and have mercy on me, for I am desolate and afflicted.

17 The troubles of my heart have enlarged; O, bring me out of my distresses!

18 Look on my affliction and my pain, and forgive all my sins.

19 Consider my enemies, for they are many; And they hate me with cruel hatred.

20 Oh, keep my soul and deliver me; Let me not be ashamed, for I put my trust in You.

21 Let integrity and uprightness preserve me, for I wait for You.

22 Redeem Israel, O God, of all their troubles!

Psalm 25

A Psalm of David Before the Anointing.

Judge me, O Lord, for I have walked in my integrity. I have trusted also in the Lord, therefore I shall not slip.

2 Examine me, O Lord, and prove me; Try my reins and my heart.

3 For Your loving kindness is before my eyes, and I have walked in Your truth.

4 I have not sat with vain persons, nor will I go in with hypocrites.

5 I hate the congregation of evil doers, and will not sit with the wicked.

6 I will wash my hands in innocence; So I will go about Your altar, O Lord,

7 That I may proclaim with the voice of thanksgiving, and tell of all Your wondrous works.

8 Lord, I have loved the beauty of Your house, and the place where Your glory dwells.

9 Gather not my soul together with sinners, nor my life with bloody men,
10 In whose hands is mischief, and whose right hand is full of bribes.
11 But as for me, I will walk in my integrity; Redeem me and be merciful to me.
12 My foot stands in an even place; In the congregations will I bless the Lord.

Psalm 26

A Psalm of David

The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?
2 When the wicked, even my enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.
3 Though an army should encamp against me, my heart shall not fear; Though war should rise against me, in this I will be confident.
4 One thing I have desired of the Lord, that will I seek: That I may dwell in the house of the Lord, all the days of my life, to behold the beauty of the Lord, and to meditate in His temple.
5 For in the time of trouble He shall hide me in His pavilion; In the secret of His tabernacle He shall hide me; He shall set me up upon a rock.
6 And now my head shall be lifted up above my enemies all around me; Therefore I will offer in His tabernacle sacrifices of joy; I will sing, yes, I will sing praises to the Lord.
7 Hear, O Lord, when I cry with my voice! Have mercy also upon me and answer me.
8 When You said, "Seek My face," my heart said to You, "Your face, Lord, I will seek."
9 Hide not Your face from me; Do not turn Your servant away in anger; You have been my help; Leave me not, nor forsake me, O God of my salvation.
10 When my father and my mother forsake me, then the Lord will take me up.
11 Teach me Your way, O Lord, and lead me in a smooth path, because of my enemies.
12 Deliver me not to the will of my enemies; For false witnesses have risen against me, and such as speak out cruelty.
13 I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living.

14 Wait on The Lord; Be of good courage, and He shall strengthen your heart; Wait, I say, on the Lord!

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 27

A Psalm of David. A Procession of the Tabernacle.

To you, I will cry, O Lord, my Rock; do not be silent to me, lest, if You are silent to me, I become like those who go down into the pit.

2 Hear the voice of my supplications when I cry to You, when I lift up my hands toward Your holy sanctuary.

3 Take me not away with the wicked and with the workers of iniquity, who speak peace to their neighbors, but evil is in their hearts.

4 Give them according to their deeds, and according to the wickedness of their endeavors; Give them according to the work of their hands; Render to them what they deserve.

5 Because they regard not the works of the Lord, nor the operation of His hands, He shall destroy them and not build them up.

6 Blessed be the Lord, because He has heard the voice of my supplications!

7 The Lord is my strength and my shield; My heart trusted in Him and I am helped; Therefore my heart greatly rejoices, and with my song I will praise Him.

8 The Lord is the strength of His people, and He is the saving defender of His anointed.

9 Save Your people, and bless Your inheritance; Shepherd them also and exalt them forever.

Psalm 28*A Psalm of David. To the Chief Musician for the Blessing of the House.*

Give unto the Lord, O you mighty ones, give unto the Lord glory and strength.

2 Give unto the Lord the glory due unto His name; Worship the Lord in the beauty of holiness.

3 The voice of the Lord is upon the waters; The God of glory thunders; The Lord is over many waters.

4 The voice of the Lord is powerful; The voice of the Lord is full of majesty.

5 The voice of the Lord breaks the cedars, yes, the Lord breaks the cedars of Lebanon.

6 He makes them also skip like a calf of Lebanon, and the beloved one, as the foal of the unicorn.

7 The voice of the Lord divides the flames of fire.

8 The voice of the Lord shakes the wilderness; the Lord shakes the wilderness of Kadesh.

9 The voice of the Lord makes the deer give birth, and strips the forests bare; and in His temple everyone speaks of His glory.

10 The Lord sits upon the flood, and the Lord sits as King forever.

11 The Lord will give strength to His people; The Lord will bless His people with peace.

Psalm 29*A Psalm of David in Time of Fear.*

I will extol You, O Lord, for You have lifted me up, and have not let my foes rejoice over me.

2 O Lord my God, I cried out to You, and You healed me.

3 O lord, You have brought my soul up from the grave; You have kept me alive, that I should not go down to the pit.

4 Sing praises to the Lord, you saints of His, and give thanks at the remembrance of His holiness.

5 For His anger endures for a moment, but in His favor is life; Weeping may endure for a night, but joy comes in the morning.

6 And in my prosperity I said, "I shall never be moved."

7 Lord, by Your favor You have made my beauty stand strong; You hid Your face, and I was troubled.

8 I cried out to You, O Lord, and to the Lord I made my supplication:
9 “What profit is there in my blood, when I go down to the pit? Will the
dust praise You? Will it declare Your truth?
10 Hear, O Lord, and have mercy on me; Lord, be my helper!”
11 You have turned for me my morning into dancing; You have put off
my sackcloth and girded me with gladness,
12 To the end that my glory may sing praise to You and not be silent. O
Lord my God, I will give thanks to You forever.

*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 30

A Psalm of David. For Instruction.

In You, O Lord, I put my trust; Let me never be ashamed; Deliver
me in Your righteousness.
2 Bow down Your ear to me, deliver me speedily; Be my rock of refuge,
a fortress of defense to save me.
3 For You are my rock and my fortress; Therefore, for Your name’s sake,
lead me and guide me.
4 Pull me out of the net which they have secretly laid for me, for You are
my strength.
5 Into Your hand I commit my spirit; You have redeemed me, O Lord
God of truth.
6 I have hated those who regard vain idols; But I trust in the Lord.
7 I will be glad and rejoice in Your mercy, for You have considered my
trouble; You have known my soul in adversities,
8 And have not shut me up into the hand of the enemy; You have set my
feet in a wide place.
9 Have mercy on me, O Lord, for I am in trouble; My eye wastes away
with grief, yes, my soul and my body!
10 For my life is spent with grief, and my years with sighing; My strength
fails because of my iniquity, and my bones waste away.
11 I was a reproach among all my enemies, but especially among my

neighbors, and am a fear to my acquaintances; Those that saw me fled from me.

12 I am forgotten like a dead man, out of mind; I am like a broken vessel.

13 For I heard the slander of many; Fear was on every side; While they took counsel together against me. They devised to take away my life.

14 But I trusted in You, O Lord; I said, "You are my God."

15 My times are in Your hand; Deliver me from the hand of my enemies, and from them that persecute me.

16 Make Your face shine upon Your servant; Save me for Your mercy's sake.

17 Let me not be ashamed, O Lord, for I have called upon You; Let the wicked be ashamed; Let them be silent in the grave.

18 Let the lying lips be put to silence, which speak appalling things proudly and contemptuously against the righteous.

19 Oh, how great is Your goodness, which You have laid up for those who fear You, which You have prepared for those who trust in You before the sons of men!

20 You shall hide them in the secret of Your presence from the plots of man; You shall keep them secretly in a pavilion from the strife of tongues.

21 Blessed be the Lord, for He has shone me His marvelous kindness in a strong city!

22 For I said in my haste, "I am cut off from before Your eyes;" Nevertheless You heard the voice of my supplications when I cried out to You.

23 Oh, love the Lord, all you His saints! For the Lord preserves the faithful, and fully repays the proud person.

24 Be of good courage, and He shall strengthen your heart, all you who hope in the Lord.

Psalm 31

A Psalm of David without Superscription Among the Hebrew.

Blessed is he whose transgression is forgiven, and whose sin is covered.

2 Blessed is the man to whom the Lord does not impute iniquity, and in whose spirit there is no guile.

3 When I kept silent, my bones grew old through my groaning all the day long.

4 For day and night Your hand was heavy upon me; my pain increased,

as when a thorn was fastened in me.

5 I acknowledge my sin to You, and my iniquity I have not hidden. I said, "I will confess my transgressions to the Lord," and You forgave the iniquity of my sin.

6 For this cause everyone who is godly shall pray to You in a time when You may be found; Surely in a flood of great waters they shall not come near You.

7 You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance.

8 I will instruct you, says the Lord, and teach You in the way you should go; I will guide you with My eye.

9 Do not be like the horse or like the mule, which have no understanding, which must be harnessed with bit and bridle, else they will not come near you.

10 Many sorrows shall be to the wicked; But he who trusts in the Lord, mercy shall surround him.

11 Be glad in the Lord and rejoice, you righteous; And shout for joy, all you upright in heart!

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 Fourth 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 7:

I have spent my whole life in sin; visit my lowly soul, O Lord. Receive me as You did the adulterous woman, and save me. I think of the fathomless depth of my many offences as I cross the sea of this life and, lacking a helmsman for my thoughts, I call out to You as Peter: Save me, O Christ; save me, O God, as You are the Lover of Man.

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

Soon we shall go into the Bridal Chamber of Christ. O, that we might all hear the blessed voice of Christ our God! Come, lovers of heavenly glory whose lot is with the wise virgins, for our lamps have been made bright through faith.

Now and ever and unto ages of ages. Amen.

Repent, O soul, before your departure, for there is an impartial and unbearable judgment for sinners. Cry out to the Lord with tender compunction of heart: I have sinned against You in ways known to me and in ways unknown, O compassionate One; by the prayers of the Theotokos, show me compassion and save me.

Lord, have mercy (40x).

To You, the only good One Who harbors no memory of wrong, I confess my sins, O Lord. I, the unworthy one fall down before You crying out: I have sinned, O Lord, and am not worthy to gaze upon the height of heaven because of the multitude of my unrighteousness. But O Lord, my Lord, Who alone are

good and merciful, grant me warm tears of compunction, that by them I might beseech of You cleansing from all sin before the end; for when I am separated from this body I will pass through a horrid place where dark, inhuman multitudes of demons will confront me, and there will be no one at my side to help or deliver. Therefore I prostrate myself before Your goodness: Give me not over to those who seek my harm, neither let my enemies exult over me, good Lord; yea, let them not say: He is now in our hands and abandoned to us. Do not recompense me according to my transgressions, O Lord, and forget Your compassions. Turn not Your face away from me, but deal with me according to Your bounteous mercy. May my enemy not rejoice over me: Bring to naught his threats, nullify all his work, and grant that my path to You be an honorable one, O good Lord. Since in my sins I have not run to another doctor or stretched out my hands to a strange god, do not reject my supplication, but in Your goodness hear me and establish my heart in the fear of You. May Your grace be upon me, O Lord, like a fire burning up my unclean thoughts. For You are the Light beyond all light, O Lord, the Joy beyond all joy, the Rest beyond all rest; Life, Truth and Salvation, abiding unto the ages of ages. Amen.

