



KATHISMA 5

Psalm 32

A Psalm of David without Superscription Among the Hebrew.

Rejoice in the Lord, O you righteous! For praise from the upright is beautiful.

2 Praise the Lord with harp; Sing unto Him with the psaltery and an instrument of ten strings.

3 Sing to Him a new song; Play skillfully with a loud noise.

4 For the word of the Lord is right, and all His work is done in truth.

5 He loves righteousness and justice; The earth is full of the goodness of the Lord.

6 By the word of the Lord the heavens were made, and all the host of them by the breath of His mouth.

7 He gathers the waters of the sea together as a heap; He lays up the deep in storehouses.

8 Let all the earth fear the Lord; let all the inhabitants of the world stand in awe of Him.

9 For He spoke and it was done; He commanded and it stood fast.

10 The Lord brings the counsel of the nations to nothing; He makes the plans of the peoples of no effect.

11 The counsel of the Lord stands forever, the thoughts of His heart to all generations.

12 Blessed is the nation whose God is the Lord, and the people whom He

has chosen as His own inheritance.

13 The Lord looks from heaven; He observes all the sons of men.

14 From the place of His habitation He looks on all the inhabitants of the earth;

15 He fashions their hearts individually; He considers all their works.

16 No king is saved by the multitude of an army; A mighty man is not delivered by great strength.

17 A horse is a vain thing for safety; Neither shall it deliver any by its own strength.

18 Behold, the eye of the Lord is on those who fear Him, on those who hope in His mercy,

19 To deliver their soul from death, and to keep them alive in famine.

20 Our soul waits for the Lord; He is our help and our shield.

21 For our heart shall rejoice in Him, because we have trusted in His holy name.

22 Let Your mercy, O Lord, be upon us, just as we hope in You.

Psalm 33

A Psalm of David when He Changed His Face Before Abimelech and went Away.

I will bless the Lord at all times; His praise shall continually be in my mouth.

2 My soul shall make its boast in the Lord; The humble shall hear of it and be glad.

3 Oh, magnify the Lord with me, and let us exalt His name together.

4 I sought the Lord and He heard me, and delivered me from all my fears.

5 They looked to Him and were illumined, and their faces were not ashamed.

6 This poor man cried out, and the Lord heard Him, and saved him out of all his troubles.

7 The angel of the Lord encamps around all who fear Him, and delivers them.

8 Oh, taste and see how good the Lord is; Blessed is the man who trusts in Him!

9 Oh, fear the Lord, you His saints! There is no want to those who fear Him.

10 Rich men have turned poor and gone hungry but they that seek the Lord shall not be deprived of any good thing.

11 Come, you children, listen to me; I will teach you the fear of the Lord.

12 Who is the man who desires life, and loves many days, that he may see good?

13 Keep your tongue from evil, and your lips from speaking guile.

14 Depart from evil, and do good; Seek peace, and pursue it.

15 The eyes of the Lord are on the righteous, and His ears are open to their cry.

16 The face of the Lord is against those who do evil, to cut off the remembrance of them from the earth.

17 The righteous cry out and the Lord hears, and delivers them out of all their troubles.

18 The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.

19 Many are the afflictions of the righteous, but the Lord delivers him out of them all.

20 He keeps all his bones; Not one of them is broken.

21 The death of the sinner is evil, and those who hate the righteous shall be condemned.

22 The Lord redeems the soul of His servants, and none of those who trust in Him shall be forsaken.

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 34

A Psalm of David

Plead my cause, O Lord, with those who strive with me; Fight against them that fight against me.

2 Take hold of shield and buckler, and stand up for my help.

3 Draw out also the spear, and stop those who pursue me. Say to my soul, "I am your salvation."

4 Let those be put to shame and brought to dishonor who seek after my soul; Let those be turned back and brought to confusion who plot my hurt.

5 Let them be like chaff before the wind, and let the angel of the Lord

chase them.

6 Let their way be dark and slippery, and let the angel of the Lord persecute them .

7 For without cause they hid their net for me in a pit, which they have dug without cause for my soul.

8 Let destruction come upon him unexpectedly, and let his net that he has hidden catch himself; Into that very destruction let him fall.

9 And my soul shall be joyful in the Lord; It shall rejoice in His salvation.

10 All my bones shall say, "Lord, who is like You, delivering the poor from him who is too strong for him, yes, the poor and the needy from him who plunders him?"

11 False witnesses rise up; They accuse me of things I do not know.

12 They rewarded me evil for good, to the sorrow of my soul.

13 But as for me, when they were sick, my clothing was sackcloth; I humbled myself with fasting; And my prayer returned to my own heart.

14 I behaved myself as though he were my friend or brother; I bowed down heavily, as one who mourns for his mother.

15 But in my adversity they rejoiced and gathered together; Yes, they gathered against me, and I did not know it; They tore at me and did not cease;

16 With ungodly mockers at feasts they gnashed at me with their teeth.

17 Lord, how long will You look on? Rescue me from their destructions, my precious life from the lions.

18 I will give You thanks in the great assembly; I will praise You among many people.

19 Let them not wrongfully rejoice over me those who are my enemies; Nor let them wink with the eye who hate me without a cause.

20 For they speak not peace, but they devise deceitful matters against those who are quiet in the land.

21 They also opened their mouth wide against me, and said, "Aha, aha! Our eyes have seen it."

22 This You have seen, O Lord; Do not keep silence. O Lord, do not be far from me.

23 Stir up Yourself and awake to my vindication, to my cause, My God and my Lord.

24 Judge me, O Lord my God, according to Your righteousness; And let them not rejoice over me.

25 Let them not say in their hearts, "Ah, so we would have it!" Let them not say, "We have swallowed him up."

26 Let them be ashamed and brought to confusion who rejoice at my hurt; Let them be clothed with shame and dishonor who magnify themselves against me.

27 Let them shout for joy and be glad, who favor my righteous cause; And let them say continually, "Let the Lord be magnified, Who has pleasure in the prosperity of His servant."

28 And my tongue shall speak of Your righteousness and of Your praise all the day long.

Psalm 35

A Psalm of David, the Servant of the Lord. To the Chief Musician.

The transgressor says within his heart that there is no fear of God before his eyes.

2 For he flatters himself in his own eyes, when he finds out his iniquity and when he hates.

3 The words of his mouth are iniquity and deceit; He has ceased to be wise and to do good.

4 He devises wickedness on his bed; He sets himself in a way that is not good; He does not abhor evil.

5 Your mercy, O Lord, is in the heavens, and Your faithfulness reaches to the clouds.

6 Your righteousness is like the great mountains; Your judgments are a great deep; O Lord, You preserve man and beast.

7 How precious is Your loving kindness, O God! Therefore the children of men put their trust under the shadow of Your wings.

8 They are abundantly satisfied with the fullness of Your house, and You give them drink from the river of Your pleasures.

9 For with You is the fountain of life; in Your light we shall see light.

10 Oh, continue Your loving kindness to those who know You, and Your righteousness to the upright in heart.

11 Let not the foot of pride come against me, and let not the hand of the wicked drive me away.

12 There the workers of iniquity have fallen; They have been cast down and are not able to rise.

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 36

A Psalm of David

Fret not because of evil doers, nor be envious of the workers of iniquity.

2 For they shall soon be cut down like the grass, and wither as the green herb.

3 Trust in the Lord and do good; Dwell in the land and surely you will be fed.

4 Delight yourself also in the Lord, and He shall give you the desires of your heart.

5 Commit your way to the Lord, trust also in Him, and He shall bring it to pass.

6 He shall bring forth your righteousness as the light, and your justice as the noonday.

7 Rest in the Lord and wait patiently for Him; Do not fret because of Him who prospers in his way, or because of the man who brings wicked schemes to pass.

8 Cease from anger and forsake wrath; Do not disturb yourself so as to do evil.

9 For evildoers shall be cut off; but those that wait upon the Lord, they shall inherit the earth.

10 For yet a little while and the wicked shall be no more; Indeed, you will look diligently for his place, but it shall be no more.

11 But the meek shall inherit the earth, and shall delight themselves in the abundance of peace.

12 The wicked plots against the just, and gnashes at him with his teeth.

13 The Lord shall laugh at him, for He sees that his day is coming.

14 The wicked have drawn the sword and have bent their bow, to cast down the poor and needy, to slay those who are of upright conduct.

15 Their sword shall enter their own heart, and their bows shall be broken.

16 A little that a righteous man has is better than the riches of many wicked.

17 For the arms of the wicked shall be broken, but the Lord upholds the righteous.

18 The Lord knows the days of the upright, and their inheritance shall be forever.

19 They shall not be ashamed in the evil time, and in the days of famine they shall be satisfied.

20 But the wicked shall perish; And the enemies of the Lord, shall be like the fat of lambs; they shall be burnt. Into smoke they shall vanish away.

21 The wicked borrows and does not repay, but the righteous shows mercy and gives.

22 For those who are blessed by Him shall inherit the earth, but those who are cursed by Him shall be cut off.

23 The steps of a good man are ordered by the Lord, and He delights in his way.

24 Though he fall, he shall not be utterly cast down; For the Lord upholds him with His hand.

25 I have been young, and now am old; Yet I have not seen the righteous forsaken, nor his seed begging bread.

26 He is ever merciful and lends; And his seed is blessed.

27 Depart from evil, and do good; And dwell forevermore.

28 For the Lord loves justice, and does not forsake His saints; They are preserved forever, but the descendants of the wicked shall be cut off.

29 The righteous shall inherit the land, and dwell in it forever.

30 The mouth of the righteous speaks wisdom, and his tongue talks of justice.

31 The law of his God is in his heart; None of his steps shall slide.

32 The wicked watches the righteous, and seeks to slay him.

33 The Lord will not leave him in his hand, nor condemn him when he is judged.

34 Wait on the Lord, and keep His way, and He shall exalt you to inherit the land; When the wicked are cut off, you shall see it.

35 I have seen the wicked in great power, and spreading himself like a green bay tree.

36 Yet he passed away, and behold, he was no more; Indeed I sought him, but he could not be found.

37 Mark the perfect man, and behold the upright; for the end of that man is peace.

38 But the transgressors shall be destroyed together; The end of the

wicked shall be cut off.

39 But the salvation of the righteous is from the Lord; He is their strength in the time of trouble.

40 And the Lord shall help them and deliver them; He shall deliver them from the wicked, and save them, because they trust in Him.

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 Fifth 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 5:

Your Throne is awesome and my life is evil. Who will deliver me from the constraints of that hour, unless You Yourself have mercy on me, O Christ God, as the compassionate One and Lover of Man?

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

The cares of life have driven me from paradise; I am reduced to despair. O what shall I do? I shall knock at the gates and call out: "Lord, Lord, open to me, through repentance, and save me."

Now and ever and unto ages of ages. Amen.

What shall we call your temple, O Birthgiver of God? A spiritual harbor? Paradise of heavenly sweetness or intercession of life unending? For you possess all that is good. Ever entreat Christ to save our souls.

Lord, have mercy (40x).

O God righteous and praised, O God great and mighty, O God before all ages, hear the prayer of a sinful man in this hour. Hear me, O You Who promised to hear those who call upon You in truth; do not loathe me with my unclean lips, caught as I am in my sins, O Hope of all the ends of the earth and those that wander afar off. Take up weapon and shield and arise to help me. Draw out the sword and block the way against those who persecute me. Bar the unclean spirits from me who am senseless. May the spirit of hatred and vengefulness, the spirit of envy and deception, the spirit of fear and dejection, the spirit of pride and of all other evil be put far from my thoughts. May every urge and fire of my flesh due to devilish influence be quenched; and may my body, soul and spirit be illumined with the Light of Your Divine Knowledge, that, through the multitude of Your compassions, I may attain to the unity of the Faith, to mature manhood, to fullness of stature; and glorify with the angels and all Your saints Your all-honorable and majestic Name, of the Father and of the Son and of the Holy Spirit, now and ever and unto the ages of ages. Amen.

