



## KATHISMA 6

### Psalm 37

*A Psalm of David. In Remembrance of the Sabbath.*



Lord, rebuke me not in Your wrath, nor chasten me in your hot displeasure!

2 For Your arrows pierce me deeply, and Your hand presses me down.

3 There is no soundness in my flesh because of Your anger, nor is there any health in my bones because of my sin.

4 For my iniquities have gone over my head; Like a heavy burden they are too heavy for me.

5 My wounds stink and are corrupt because of my foolishness.

6 I am troubled, I am bowed down greatly; I go mourning all the day long.

7 For my loins are filled with a disgusting disease, and there is no soundness in my flesh.

8 I am feeble and severely broken; I groan because of the turmoil of my heart.

9 Lord, all my desire is before You; And my groaning is not hid from You.

10 My heart pants, my strength fails me; As for the light of my eyes, it also has gone from me.

11 My loved ones and my friends stand aloof from my sore, and my kinsmen stand afar off.

12 They that also seek after my life lay snares for me; Those who seek my hurt speak of mischievous things, and plan deceits all the day long.

13 But I, like a deaf man, heard not ; And I was like a dumb man who does not open his mouth.

14 Thus I was like a man who hears not, and in whose mouth are no reproofs.

15 For in You, O Lord, I hope; You will hear, O Lord, my God.

16 For I said, "Hear me, lest they should rejoice over me, when my foot slips, they magnify themselves against me."

17 For I am ready to be wounded, and my sorrow is continually before me.

18 For I will declare my iniquity; I will be sorry for my sin.

19 But my enemies are lively, and they are strong; And those who hate me wrongfully are multiplied.

20 Those also who render evil for good, they are my adversaries, because I follow what is good.

21 Forsake me not, O Lord; O my God, be not far from me!

22 Make haste to help me, O Lord of my salvation!

## **Psalm 38**

*For the End, for Idithum. A Song of David.*

**I** said, "I will guard my ways, that I sin not with my tongue; I will restrain my mouth with a bridle, while the wicked is before me."

2 I was dumb with silence, I held my peace even from good; And my sorrow was stirred.

3 My heart was hot within me; While I was musing, the fire burned. Then I spoke with my tongue:

4 "Lord, make me to know my end, and the measure of my days, that I may know what I lack.

5 Indeed, You have made my days as a handbreadth, and my age is as nothing before You; Certainly every man at his best is altogether vanity.

6 Surely every man walks about like in darkness; Surely they are restless in vain; He heaps up riches, and does not know who will gather them.

7 And now, Lord, what do I wait for? My hope is in You.

8 Deliver me from all my transgressions; Make me not the reproach of the foolish.

9 I was dumb, I did not open my mouth, because it was You who did it.

10 Remove Your plague from me; I am consumed by the blow of Your hand.

11 When with rebukes You correct man for iniquity, You make his beauty melt away like a moth; Surely every man is vanity.

12 Hear my prayer, O Lord, and give ear to my cry; Do not be silent at my tears; For I am a stranger with You, and a sojourner as all my fathers were.

13 Spare me, that I may regain strength, before I go away and am no more.”

### Psalm 39

*For the End. A Psalm of David.*

**I** waited patiently for the Lord; And He inclined to me, and heard my cry.

2 He also brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my steps.

3 And He has put a new song in my mouth, even praise to our God; Many shall see it and fear, and shall trust in the Lord.

4 Blessed is that man who makes the Lord his trust, and does not respect the proud, nor such as turn aside to lies.

5 Many, O Lord my God, are Your wonderful works which You have done; And Your thoughts which are toward us cannot be recounted to You in order; If I would declare and speak of them, they are more than can be numbered.

6 Sacrifice and offering You did not desire; My ears You have opened; Burnt offering and sin offering You did not require.

7 Then said I, “Behold, I come; In the volume of the Book it is written of me.

8 I delight to do Your will, O my God, yes, Your Law is within my heart.”

9 I have preached righteousness in the great assembly; Indeed, I did not restrain my lips, O Lord, You Yourself know.

10 I have not hidden Your righteousness within my heart; I have declared Your faithfulness and Your salvation; I have not concealed Your loving kindness and Your truth from the great congregation.

11 Withhold not Your tender mercies from me, O Lord; Let Your loving kindness and truth continually preserve me.

12 For innumerable evils have surrounded me; My iniquities have

overtaken me, so that I am not able to look up; They are more than the hairs of my head; Therefore my heart fails me.

13 Be pleased, O Lord, to deliver me; O Lord, make haste to help me!

14 Let them be ashamed and confused together that seek to destroy my life; Let them be driven backward and put to shame who wish me evil.

15 Let them be desolate because of their shame, who say to me, "Aha, aha!"

16 Let all those who seek You rejoice and be glad in You; Let such as love Your salvation say continually, "The Lord be magnified!"

17 But I am poor and needy; Yet the Lord thinks upon me. You are my help and my deliverer; Do not delay, O my God.

*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 40

*For the End. A Psalm of David.*

**B**lessed is he that considers the poor; The Lord will deliver him in time of trouble.

2 The Lord will preserve him and keep him alive, and he will be blessed on the earth; and You will not deliver him to the will of his enemies.

3 The Lord will strengthen him on his bed of illness; You will sustain him on his sickbed.

4 I said, "Lord, be merciful to me; Heal my soul, for I have sinned against You."

5 My enemies speak evil of me: "When will he die and his name perish?"

6 And if he comes to see me, he speaks vain words; His heart gathers iniquities to itself; When he goes out, he tells it.

7 All who hate me whisper together against me; Against me they devise my hurt.

8 "An evil disease," they say, "clings to him. And now that he lies down, he shall rise up no more."

9 Even my own familiar friend in whom I trusted, who ate my bread, has lifted up his heel against me.

10 But You, O Lord, be merciful to me and raise me up, that I may repay them.

11 By this I know that You favor me, because my enemy does not triumph over me.

12 As for me, You uphold me in my integrity, and set me before Your face forever.

13 Blessed be the Lord God of Israel from everlasting to everlasting! Amen, Amen!

## Psalm 41

*A Psalm of David. For Instructions to the Sons of Kore.*

**A**s the deer pants for the water brooks, so my soul pants for You, O God.

2 My soul thirsts for God, for the living God. When shall I come and appear before God?

3 My tears have been my food day and night, while they continually say to me, "Where is your God?"

4 When I remember these things, I pour out my soul within me. For I had gone with the multitude; I went with them to the house of God, with the voice of joy and praise, with a multitude that kept a feast.

5 "Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.

6 O my God, my soul is cast down within me; Therefore I will remember You from the land of Jordan, and from the heights of Hermon, from the little hill.

7 Deep calls unto deep at the noise of Your waterfalls; All Your waves and billows have gone over me.

8 The Lord will command His loving kindness in the daytime, and in the night His song shall be with me, my prayer to the God of my life.

9 I will say to God, my Rock, "Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?"

10 While my bones are breaking, my enemies reproach me, while they say daily unto me: "Where is Your God?"

11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, the help of my countenance and my God.

## Psalm 42

*A Psalm of David without Superscription Among the Hebrew.*

**V**indicate me, O God, and plead my cause against an ungodly nation; Oh, deliver me from the deceitful and unjust man!

2 For You are the God of my strength; Why do You cast me off? Why do I go mourning because of the oppression of the enemy?

3 O, send out Your light and Your truth! Let them lead me; Let them bring me to Your holy mountain and to Your tabernacle.

4 Then I will go to the altar of God, To God, my exceeding joy; And on the harp I will praise You, O God, my God.

5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, the help of my countenance and my God.

*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 43

*A Psalm of David. For Instructions to the Sons of Kore.*

**W**e have heard with our ears, O God, our fathers have told us, what deeds You did in their days, in the times of old:

2 How You drove out the nations with Your hand, but planted them; How You afflicted the people, and cast them out.

3 For they did not gain possession of the land by their own sword, nor did their own arm save them; But it was Your right hand, Your arm, and the light of Your countenance, because You favored them.

4 You are my king, O God; Command deliverance for Jacob.

5 Through You we will push down our enemies; Through Your name we will trample those who rise up against us.

6 For I will not trust in my bow, nor shall my sword save me.

7 But You have saved us from our enemies, and have put to shame those who hated us.

8 In God we boast all day long, and praise Your name forever.

9 But You have cast off and put us to shame, and You do not go forth with our armies.

10 You make us turn back from the enemy, and those who hate us plunder for themselves.

11 You have given us up like sheep intended for meat, and have scattered us among the nations.

12 You sell Your people for naught, and are not enriched by their price.

13 You make us a reproach to our neighbors, a scorn and a derision to those all around us.

14 You make us a byword among the nations, a shaking of the head among the people.

15 My confusion is continually before me, and the shame of my face has covered me.

16 Because of the voice of him who reproaches and blasphemes, because of the enemy and the avenger.

17 All this has come upon us; But we have not forgotten You, nor have we dealt falsely with Your covenant.

18 Our heart is not turned back, nor have our steps departed from Your way;

19 But You have severely broken us in the place of dragons, and covered us with the shadow of death.

20 If we have forgotten the name of our God, or stretched out our hands to a foreign God,

21 Shall not God search this out? For He knows the secrets of the heart.

22 Yet for Your sake we are killed all day long; We are accounted as sheep for the slaughter.

23 Awake! Why do You sleep, O Lord? Arise! Do not cast us off forever.

24 Why do You hide Your face, and forget our affliction and our oppression?

25 For our soul is bowed down to the dust; Our body clings to the ground.

26 Arise for our help, and redeem us for Your mercies' sake.

## Psalm 44

*A Psalm of David. For Instructions to the Sons of Kore. An Ode for the Beloved.*

**M**y heart is composing a good theme; I recite my composition concerning the King; My tongue is the pen of a ready writer.

2 You are fairer than the sons of men; Grace is poured upon Your lips; Therefore God has blessed You forever.

3 Gird Your sword upon Your thigh, O Mighty One, with Your glory and Your majesty.

4 And in Your majesty ride prosperously because of truth, meekness, and righteousness; and Your right hand shall teach You awesome things.

5 Your arrows are sharp in the heart of the King's enemies; whereby the people fall under You.

6 Your throne, O God, is forever and ever; The scepter of Your kingdom is the right scepter.

7 You love righteousness and hate wickedness; Therefore God, Your God, has anointed You with the oil of gladness more than Your companions.

8 All Your garments smell of myrrh and aloes and cassia, out of the ivory palaces, by which they have made You glad.

9 King's daughters are among Your honorable women; At Your right hand stands the queen, clothed in gold of Ophir.

10 Listen, O daughter, consider and incline your ear; Forget your own people also, and your father's house;

11 So shall the King greatly desire your beauty; For He is your Lord; you worship Him.

12 And the daughter of Tyre shall be there with a gift; The rich among the people shall seek your favor.

13 The king's daughter is all glorious within the palace; Her clothing is of woven gold.

14 She shall be brought to the King in garment of needlework; The virgins, her companions who follow, shall be brought to You.

15 With gladness and rejoicing shall they be brought; They shall enter into the King's palace.

16 Instead of your fathers shall be your sons, whom you shall make princes in all the earth.

17 I will make Your name to be remembered in all generations; Therefore the people shall praise You forever and ever.

## Psalm 45

*A Psalm of David. To the Sons of Kore. For things Hidden.*

**G**od is our refuge and strength, a very present help in trouble.

2 Therefore we will not fear, though the earth be removed, and though the mountains be carried into the midst of the sea.

3 Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof.



- 4 There is a river whose streams shall make glad the city of God, the holy place of the tabernacle of the Most High.
- 5 God is in the midst of her, she shall not be moved; God shall help her with His countenance.
- 6 The nations raged, the kingdoms were moved; He uttered His voice, the earth melted.
- 7 The Lord of hosts is with us; The God of Jacob is our refuge.
- 8 Come, behold the works of the Lord, what desolation He has made in the earth.
- 9 He makes wars to cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire.
- 10 Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!
- 11 The Lord of hosts is with us; The God of Jacob is our refuge.

*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 Sixth 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:*

I bring you praise, O Lord, and lay bare before You all my sinfulness. Turn me back, O God, and have mercy on me.

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

Save me, O my God, as once You saved the publican. You did not disdain the tears of the sinful woman either; receive my sighing also, O my Savior, and save me.

Now and ever and unto ages of ages. Amen.

As a slave, I now come to your protection, all-immaculate one. Deliver me, O Parent of God, from the confusion of the passions, since you gave birth to the Source of passionlessness.

Lord, have mercy (40x).

We give You thanks, O Lord our God, for all the benefits You have bestowed upon us from infancy until this very day, unworthy though we be; for those known to us and for those beyond our awareness; for those that are evident and for those that are concealed, of word and of deed, O You Who love us and deigned to give Your only-begotten Son for us. Vouchsafe us to be worthy of Your love. Grant us wisdom through Your Word and through Your fear, infusing us with strength from Your might. And if we have sinned willingly or unwillingly, impute it not, but forgive. Preserve our souls in holiness, presenting them before Your Throne with a pure conscience and an end worthy of Your love for mankind. Remember also, O Lord, all who have called upon Your Name in truth. Remember all, whether they opposed us or desired our good; for we are all but men, and every man is vanity. Wherefore we beseech you, O Lord, bestow upon us Your lovingkindness, and great mercy.