



## KATHISMA 8

### Psalm 55

*A Psalm of David. To the Chief Musician, for the People Who Departed from the Holies. When the Foreigners Took Him in Geth.*

**B**e merciful to me, O God, for man has trodden me down; Fighting  
all day he oppresses me.  
2 My enemies would hound me all day, for there are many who  
fight against me, O Most High.  
3 Whenever I am afraid, I will trust in You.  
4 In God I will praise His word, in God I have put my trust; I will not fear.  
What can man do to me?  
5 All day they twist my words; All their thoughts are against me for evil.  
6 They gather together, they hide, they mark my steps, when they wait for  
my soul.  
7 Shall they escape by iniquity? In anger cast down the peoples, O God!  
8 You number my wanderings; Put my tears into Your bottle; Are they  
not in Your book?  
9 When I cry out to You, then my enemies turn back; This I know, because  
God is for me.  
10 In God I will praise His word, in the Lord I will praise His word,  
11 In God I have put my trust; I will not be afraid. What can man do to  
me?  
12 Your Vows are upon me, O God; I will render praises to You,

13 For You have delivered my soul from death. Have You not delivered my feet from falling, that I may walk before God in the light of the living?

### Psalm 56

*A Psalm of David. To the Chief Musician. Do not Destroy! When He Fled from the Presence of Saul in the Cave.*

**B**e merciful to me, O God, be merciful to me! For my soul trusts in you; And in the shadow of Your wings I will make my refuge, until these calamities have passed by.

2 I will cry out to God Most High, to God who performs all things for me.

3 He shall send from heaven and save me from the reproach of him that would swallow me up. God shall send forth His mercy and His truth.

4 My soul is among lions and I lie even among them that are set on fire, whose teeth are spears and arrows, and their tongue a sharp sword.

5 Be exalted, O God, above the heavens; Let Your glory be above all the earth.

6 They have prepared a net for my steps; My soul is bowed down; They have dug a pit before me; Into the midst of it they have fallen themselves.

7 My heart is ready, O God, my heart is ready; I will sing and give praise.

8 Awake, my glory! Awake, psaltery and harp! I will arise at dawn.

9 I will praise You, O Lord, among the people; I will sing to You among the nations.

10 For Your mercy is great unto heavens, and Your truth unto the clouds.

11 Be exalted, O God, above the heavens; Let Your glory be above all the earth.

### Psalm 57

*A Psalm of David. To the Chief Musician. Do not Destroy.*

**D**o you indeed speak righteousness? Do you judge uprightly, you sons of men?

2 Yes, in heart you work wickedness; Your hands plot unrighteousness;

3 The wicked are estranged from the womb; They go astray as soon as they are born, speaking lies.

4 Their poison is like the poison of a serpent; They are like the deaf viper that stops its ear,

5 Which will not heed the voice of charmers, charming ever so skillfully.

6 Break their teeth, O God, in their mouth; Break out the fangs of the

young lions, O Lord!

7 Let them melt away as waters which run continually; When he bends his bow to shoot his arrow, let them be like cut in pieces.

8 Let them be like a snail which melts, like the untimely born of a woman, that they may not see the sun.

9 Before your pots can feel the thorns, He shall take them away as with a whirlwind, as in His living and in His wrath.

10 The righteous shall rejoice when he sees the vengeance; He shall wash his feet in the blood of the wicked;

11 So that men will say, "Surely there is a reward for the righteous; Surely He is a God that judges in the earth."

*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 58

*A Psalm of David. To the Chief Musician. When Saul Sent to Watch His House to Kill Him.*

**D**eliver me from my enemies, O my God; Defend me from those who rise up against me.

2 Deliver me from the workers of iniquity, and save me from bloodthirsty men.

3 For look, they lie in wait for my soul; The mighty gathered against me, not for my transgression nor for my sin, O Lord.

4 They run and prepare themselves without my fault. Rise up and help me, and behold.

5 You therefore, O Lord God of hosts, the God of Israel, awake to punish all the nations; Do not be merciful to any wicked transgressors.

6 At evening they return, they growl like a dog, and go all around the city.

7 Behold, they belch out with their mouth; Swords are in their lips; For they say, "Who hears?"

8 But You, O Lord, shall laugh at them; You shall have all the nations in derision.

9 Because of his strength, I will wait for You. For God is my defense;

10 My merciful God shall come to meet me; God shall let me see my desire upon my enemies.

11 Slay them not, lest my people forget; Scatter them by Your power, and bring them down, O Lord our shield.

12 For the sin of their mouth and the words of their lips, let them even be taken in their pride, and for the cursing and lying which they speak.

13 Consume them in wrath, consume them, that they may not be; And let them know that God rules in Jacob to the ends of the earth.

14 And at evening they return, let them make a noise like a dog, and go all around the city.

15 Let them wander up and down for meat, and grudge if they are not satisfied.

16 But I will sing of Your power; Yes, I will sing aloud of Your mercy in the morning; For You have been my defense and refuge in the day of my trouble.

17 To You, O my Strength, will I sing; For God is my defense, the God of my mercy.

### **Psalm 59**

*A Psalm of David. To the Chief Musician. For Those Who Will Change, for Instruction. When He Had Burned Mesopotamia of Syria and Syrian Sobal and Jacob Had Returned and Had Smiten Edon in the Valley of Salt, Twelve Thousand.*

**O** God, You have cast us off; You have broken us down; You have been displeased; Oh, turn Yourself to us again!

2 You have made the earth tremble; You have broken it; Heal its breaches, for it is shaking.

3 You have shown Your people hard things; You have made us drink the wine of astonishment.

4 You have given a banner to those that fear You, that it may be displayed because of the truth.

5 That Your beloved may be delivered. Save with Your right hand, and hear me.

6 God has spoken in His holiness: "I will rejoice; I will divide Sechem and measure out the valley of Succoth.

7 Gilead is Mine, and Manasseh is Mine; Ephraim also is he helmet for My head; Judah is My lawgiver.

8 Moab is My wash pot; Over Edom I will cast My shoe; Philistia shouts in triumph because of Me."

9 Who will bring me into the strong city? Who will lead me to Edom?  
10 Is it not You, O God, who cast us off? And You, O God, who did not  
go out with our armies?  
11 Give us help from trouble, for vain is the help of man.  
12 Through God we will do valiantly, For it is He Who shall tread down  
our enemies.

### Psalm 60

*A Psalm of David. To the Chief Musician. For String Instruments.*

**H**ear my cry, O God; Attend to my prayer.

2 From the end of the earth I will cry to You, when my heart is  
overwhelmed; Lead me to the rock that is higher than I.  
3 For You have been a shelter for me, and a strong tower from the enemy.  
4 I will abide in Your tabernacle forever; I will trust in the shelter of Your  
wings.  
5 For You, O God, have heard my vows; You have given me the heritage  
of those who fear Your name.  
6 You will prolong the king's life; and His years as many generations.  
7 He shall abide before God forever. Oh, prepare mercy and truth, which  
may preserve Him!  
8 So I will sing praise to Your name forever, that I may daily perform my  
vows.

**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 61

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

**T**ruly my soul waits for God; From Him comes my salvation.

2 He only is my rock and my salvation; He is my defense; I shall not be  
greatly moved.  
3 How long will you attack a man? You shall be slain, all of you, like a

leaning wall and a tottering fence.

4 They only contrive to defy my honor; They delight in lies; They bless with their mouth, but they curse inwardly.

5 My soul waits silently for God alone, for my expectation is from Him.

6 Only He is my rock and my salvation; He is my defense; I shall not be moved.

7 In God is my salvation and my glory; The rock of my strength, and my refuge is in God.

8 Trust in Him at all times, You people; Pour out your heart before Him; God is a refuge for us.

9 Surely men of low degree are vanity, men of high degree are a lie; If they are weighed in the balances, they are altogether lighter than vanity.

10 Trust not in oppression, and lust not after robberies; If riches increase, do not set your heart on them.

11 God has spoken once, twice I have heard this: That power belongs to God.

12 Also to You, O Lord, belongs mercy; For You render to each man according to his work.

## Psalm 62

*A Psalm of David. When He Was in the Wilderness of Judea.*

**O** God You are my God; Early will I seek You; My soul thirsts for You; My flesh longs for You in a dry and thirsty land where there is no water,

2 To see Your power and Your glory. So I have seen You in the sanctuary,

3 Because Your loving kindness is better than life, my lips shall praise You.

4 Thus I will bless You while I live; I will lift up my hands in Your name.

5 My soul shall be satisfied like with marrow and fatness, and my mouth shall praise You with joyful lips.

6 When I remember You on my bed, I meditate on You in the night watches.

7 Because You have been my help, therefore in the shadow of Your wings I will rejoice.

8 My soul follows close behind You; Your right hand upholds me.

9 But those who seek my life to destroy it, shall go into the lower part of the earth.

10 They shall fall by the sword; They shall be a portion for foxes.

11 But the King shall rejoice in God; Everyone who swears by Him shall glory; But the mouth of those who speak lies shall be stopped.

### Psalm 63

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

**H**ear my voice, O God, in my prayer; Preserve my life from fear of the enemy.

2 Hide me from secret counsel of the wicked, from the insurrection of the workers of iniquity,

3 Who sharpen their tongue like a sword, and bend their bows to shoot their arrows, even bitter words.

4 That they may shoot in secret at the blameless; Suddenly they shoot at him and do not fear.

5 They encourage themselves in evil matter; They talk of laying snares secretly; They devise iniquities. They say: "Who shall see them?"

6 They search out iniquities; they accomplish a diligent search. Both the inward thought and the heart of each is deep.

7 But God shall shoot at them with an arrow; Suddenly they shall be wounded.

8 So they shall make their own tongue to fall upon them; All who see them shall flee away.

9 All men shall fear, and shall declare the work of God; For they shall wisely consider His doing.

10 The righteous shall be glad in the Lord, and trust in Him. And all the upright in heart shall glorify 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.

**Prayer after the Eighth 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:*

Bestormed by a tempest of despair, I have slipped into the depths of sin; but go before me, O Christ, Guide of all, as You are all-powerful, and direct me to the calm harbor of passionlessness for the sake of Your loving-kindness, O Savior, and save me.

Glory to the Father, and to the Son, and to the Holy Spirit:  
O soul, what is here is passing, but what is beyond is eternal. Wherefore at the prospect of judgment and the Judge upon His Throne, I tremble at the words: The Judgment is unrelenting, O soul, turn back before it comes.

Now and ever and unto ages of ages. Amen.

Hope of the hopeless, help of the helpless, defender of those who put their trust



in you, O Mother of God, holy sovereign Lady, send down upon us your help.

Lord, have mercy (*40x*).

O compassionate and merciful Lord Who are longsuffering and bounteous in mercy, hear my prayer and attend to the voice of my supplication. Work upon me a sign for good; guide me in Your way, that I may walk in Your truth; rejoice my heart, that I may fear Your holy Name, for You are great and work wonders. You alone are God, and there is none like You among gods, O Lord, mighty in mercy, good in strength, helping and comforting and saving all who trust in Your Name; Father, Son and Holy Spirit, now and ever and unto the ages of ages. Amen.

