

Great Fast. Week 1. Wednesday

At the Divine Liturgy of the Pre-sanctified Gifts, on "Lord, I have cried"
sing 10 verses. First 6 from the Triodion:

Tone 8:



(I) Bring my soul out of pris - on: that I may con - fess your name.



While fast - ing with the bod - y, breth - - ren, let us al - so fast in



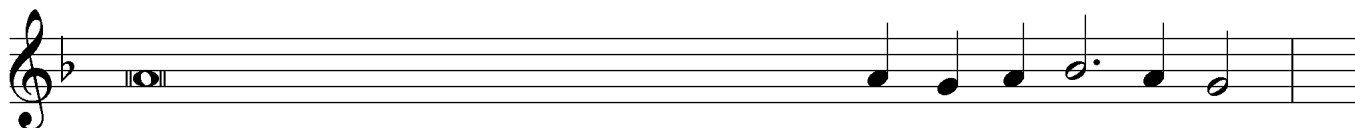
spir - - - - it. Let us loose eve - ry bond of in - i - qui - ty; let us un - do



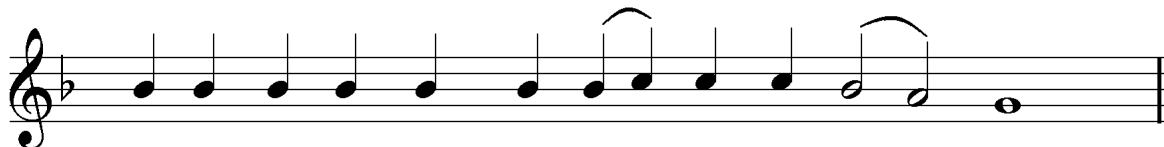
the knots of eve - ry con - tract made by vi - o - lence; let us tear up all



un - just a - gree - - - - ments; let us give bread to the hun - - gry and



wel - come to our house the poor who have no roof to cov - er them,



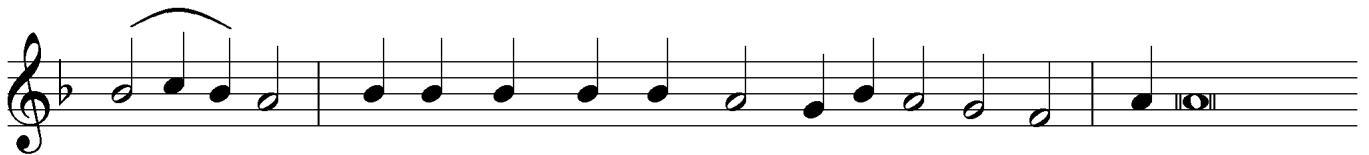
that we may re - ceive great mer - - cy from Christ God.



(II) The just will a - wait me: un - til you re - ward me.



While fast - ing with the bod - y, breth - - ren, let us al - so fast in



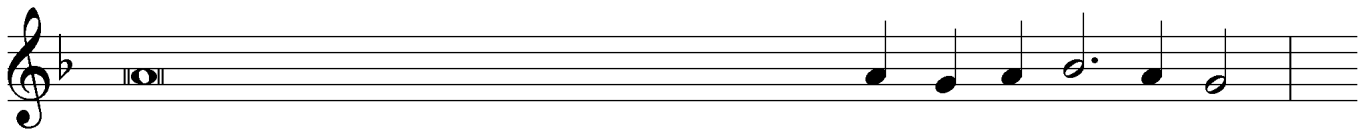
spir - - - it. Let us loose eve - ry bond of in - i - qui - ty; let us un - do



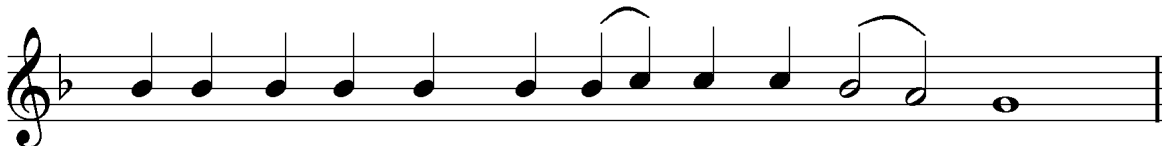
the knots of eve - ry con - tract made by vi - o - lence; let us tear up all



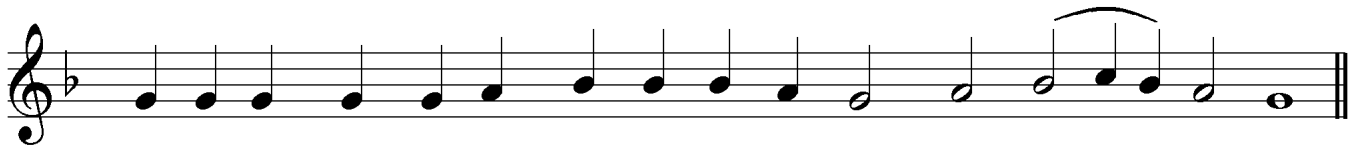
un - just a - gree - - - - ments; let us give bread to the hun - - gry and



wel - come to our house the poor who have no roof to cov - er them,



that we may re - ceive great mer - - cy from Christ God.



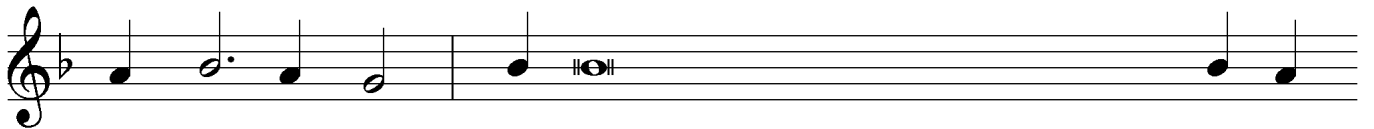
(1) Out of the depths I have cried to you, O Lord: Lord, hear my voice.



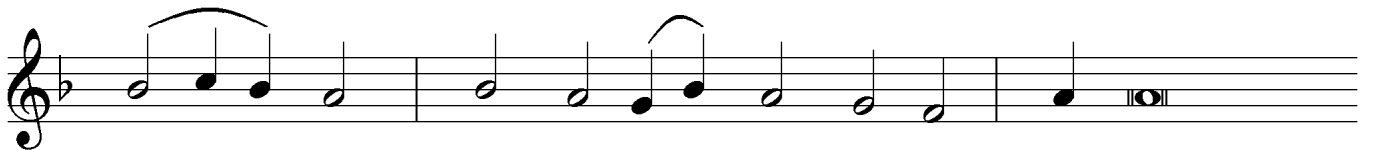
If there be an - y vir - - - tue and if there be an - y praise, right - ly



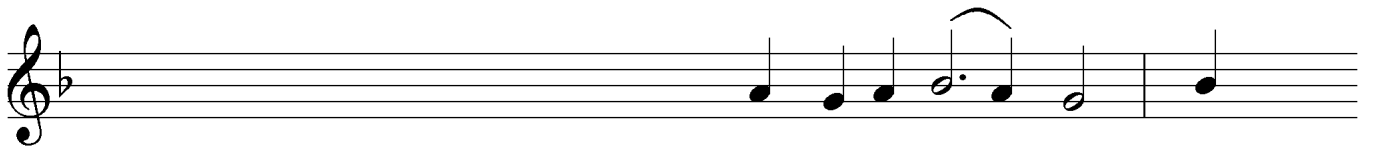
are these things as - - cribed to the saints. They bowed their necks



be - neath the sword, for your sake who have bowed the heav - ens and



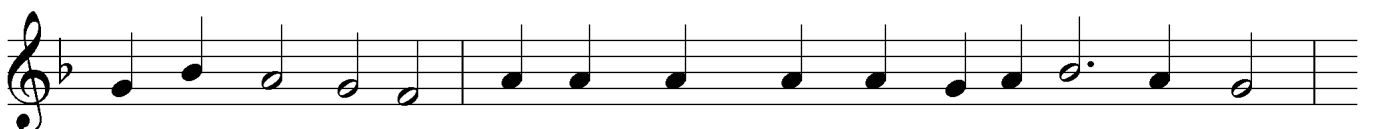
come down. They shed their blood for you, who have



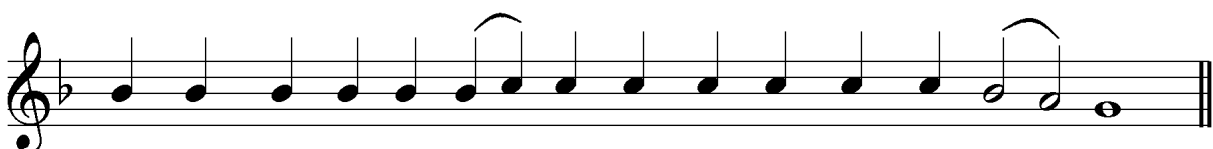
emp - tied your - self and tak - en the form of a ser - - - vant; they



hum - bled them - selves e - ven un - to death, fol - low - ing the ex - am - ple

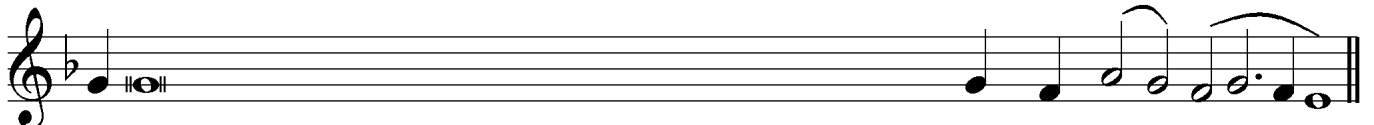


of your pov - er - ty. At their prayers have mer - cy on us, O God,



ac - cor - ding to the mul - - ti - tude of your ten - der mer - - cies.

Tone 2:



(II) O let your ears be at - ten - tive to the voice of my sup - pli - ca - - tion.



Je - - - sus, the true spir - it - u - al Sun, sent you out as light - ning in - to



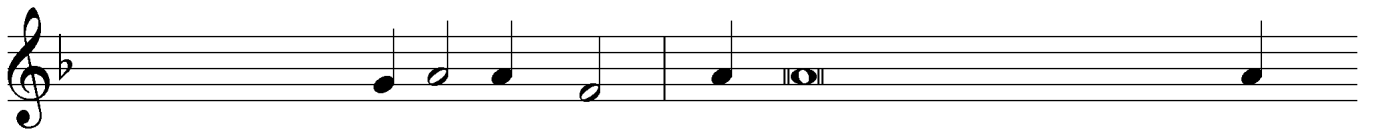
all the world, and by the bright - ness of your di - vine preach - ing,



O A - pos - tles and eye - wit - ness - es of God, He has dis - persed the



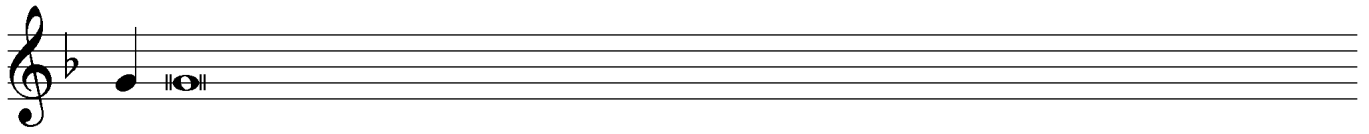
dark - ness of er - - - - - ror and giv - en light to those held fast in the



e - vil gloom of ig - no - rance. En - treat him to send down on us



al - - - - - so his il - lu - mi - na - tion and great mer - - - cy.



(1) If you, Lord, should mark in - i - qui - ties, O Lord, who will stand? But



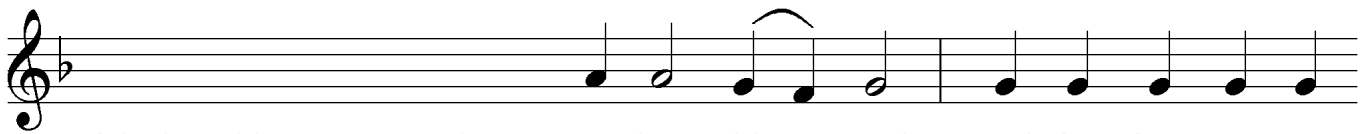
there is for - give - ness with you.



E - li - - - as, glo - ri - fied by fast - ing, rode in the di - vine char - i - ot of



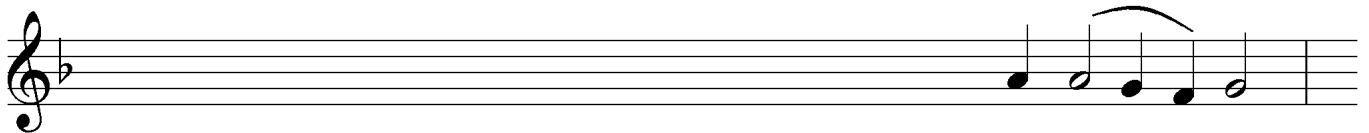
the vir - - - - tues and was car - ried up to the height of heav - en. Ea - ger - ly



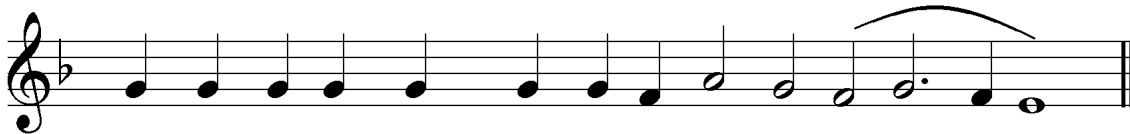
fol - low his ex - am - ple, O my hum - ble soul, and fast from eve - ry



e - - - - - vil, from en - vy, strife and pass - ing pleas - ure. So shall you

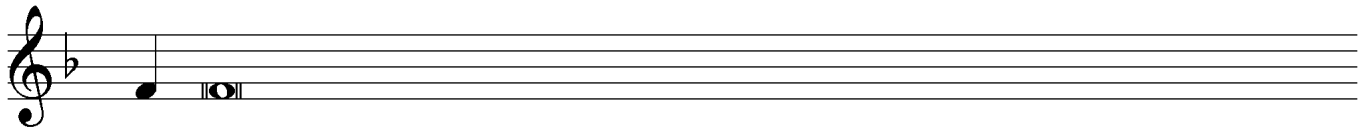


es - cape the harsh and ev - er - last - ing ag - o - ny of Ge - hen - - - - na,



cry - ing out to Christ: Glo - ry to you, O Lord.

Tone 5:



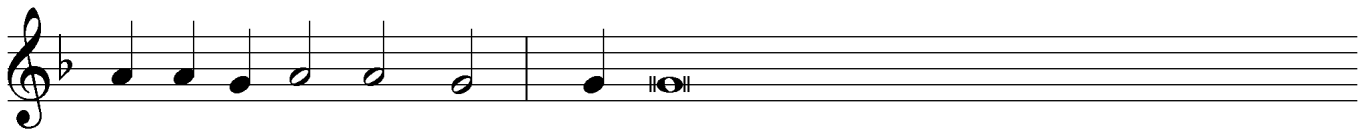
(II) For your name's sake I have wait - ed for you, O Lord; my soul has



wait - ed on your word, my soul has hoped in the Lord.



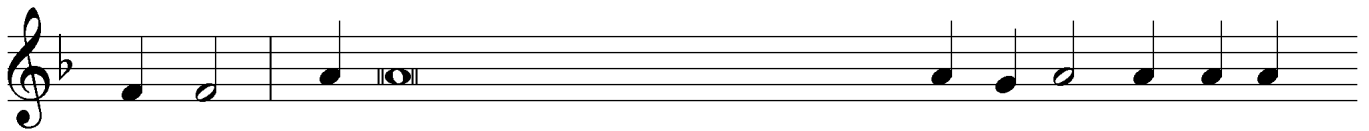
A - pos - tles of God, fer - vent in - ter - ces - sors for the world, de - fend -



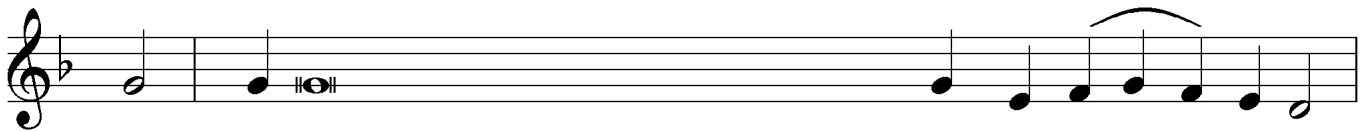
ers of the Or - tho - dox, who have the pow - er to draw near with bold -



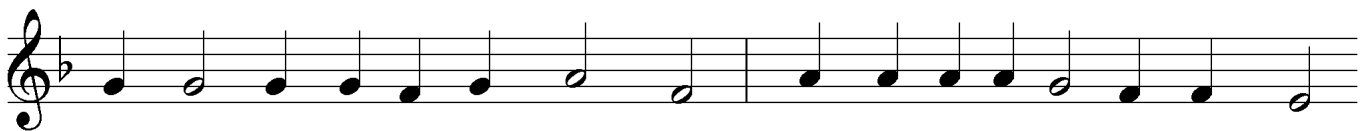
ness to Christ our God: we be - seech you, in - ter - cede on our



be - half, that un - hin - dered we may keep the ho - ly sea - son of the



Fast and re - ceive the grace of the con - sub - stan - tial Trin - - - - i - ty.



O great and glo - ri - ous preach - ers, wor - thy of all rev - er - ence, pray



for our souls.

Then 4 stichera from the Menaion (repeating the first).

Glory. Both now. Theotokion from the Menaion