

THE LENTEN OFFICE OF THE THIRD HOUR

The present Office gives the order for a Lenten service only and should not be used outside of Great Lent.

Priest: Blessed is our God always, now and ever and unto ages of ages.

Reader: Amen. Glory to Thee, our God, glory to Thee.

O Heavenly King, the Comforter, the Spirit of truth, Who art everywhere and fillest all things; Treasury of blessings and Giver of life: come and abide in us and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy Name's sake.

Lord, have mercy. (*thrice*)

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 evil.

Priest: For Thine is the Kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

Reader: Amen. Lord, have mercy. (*twelve times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Come, let us worship God our King. Come, let us worship and fall down before Christ, our King and our God. Come, let us worship and fall down before Christ Himself, our King and our God.

PSALM 16

Hear a just cause, O Lord; attend to my cry! Give ear to my prayer from lips free of deceit! From Thee let my vindication come! Let Thine eyes see the right! If Thou triest my heart, if Thou visitest me by night, if Thou testest me, Thou wilt find no wickedness in me; my mouth does not transgress. With regard to the works of men, by the word of Thy lips I have avoided the ways of the violent. My steps have held fast to Thy paths; my feet have not slipped. I call upon Thee, for Thou wilt answer me, O God; incline Thine ear to me, hear my words. Wondrously show Thy steadfast love, O Savior of those who seek refuge from their adversaries at Thy right hand. Keep me as the apple of the eye; hide me in the shadow of Thy wings, from the wicked who despoil me, my deadly enemies who surround me. They close their hearts to pity; with their mouths they speak arrogantly. They track me down; now they surround me; they set their eyes to cast me to the ground. They are like a lion eager to tear, as a young lion lurking in ambush. Arise, O Lord! Confront them, overthrow them! Deliver my life from the wicked by Thy sword, from men by Thy hand, O Lord, from men whose portion in life is of the world. May their belly be filled with what Thou hast stored up for them; may their children have more than enough; may they leave something over to their babes. As for me, I shall behold Thy face in righteousness; when I awake, I shall be satisfied with beholding Thy form.

PSALM 24

To Thee, O Lord, I lift up my soul. O my God, in Thee I trust, let me not be put to shame; let not my enemies exult over me. Yea, let none that wait for Thee be put to shame; let them be ashamed who are wantonly treacherous. Make me to know Thy ways, O Lord; teach me Thy paths. Lead me in Thy truth, and teach me, for Thou art the God of my salvation; for Thee I wait all the day long. Be mindful of Thy mercy, O Lord, and of Thy steadfast love, for they have been from of old. Remember not the sins of my youth, or my transgressions; according to Thy steadfast love remember me, for Thy goodness' sake, O Lord! Good and upright is the Lord; therefore He instructs sinners in the way. He leads the humble in what is right, and teaches the humble His way. All the paths of the Lord are steadfast love and faithfulness, for those who keep His covenant and His testimonies. For Thy Name's sake, O Lord, pardon my guilt, for it is great. Who is the man that fears the Lord? Him will He instruct in the way that He should choose. He himself shall abide in prosperity, and his children shall possess the land. The friendship of the Lord is for those who fear Him, and He makes known to them His covenant. My eyes are ever toward the Lord, for He will pluck my feet out of the net. Turn Thou to me, and be gracious to me; for I am lonely and afflicted. Relieve the troubles of

my heart, and bring me out of my distresses. Consider my affliction and my trouble, and forgive all my sins. Consider how many are my foes, and with what violent hatred they hate me. Oh, guard my life, and deliver me; let me not be put to shame, for I take refuge in Thee. May integrity and uprightness preserve me, for I wait for Thee. Redeem Israel, O God, out of all his troubles.

PSALM 50

Have mercy on me, O God, according to Thy great mercy; according to the multitude of Thy tender mercies, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I know my transgressions, and my sin is ever before me. Against Thee, Thee only, have I sinned, and done that which is evil in Thy sight, so that Thou art justified in Thy sentence and blameless in Thy judgment. Behold, I was brought forth in iniquity, and in sins did my mother conceive me. Behold, Thou desirest truth in the inward being; therefore teach me wisdom in my secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill me with joy and gladness; let the bones which Thou hast broken rejoice. Hide Thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore to me the joy of Thy salvation, and uphold me with a willing spirit. Then I will teach transgressors Thy ways, and sinners will return to Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation, and my tongue will sing aloud of Thy deliverance. O Lord, open Thou my lips, and my mouth shall show forth Thy praise. For Thou hast no delight in sacrifice; were I to give a burnt offering, Thou wouldst not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, Thou wilt not despise. Do good to Zion in Thy good pleasure; rebuild the walls of Jerusalem, then wilt Thou delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on Thine altar.

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 Thee, O God. (*thrice*)

Lord, have mercy. (*thrice*)

The reader continues with Glory... now and ever... *and the appointed* Kathisma, *with the customary threefold* Alleluia *after each stasis. After ending the Kathisma in the usual manner, he continues with* Lord, have mercy (*thrice*). *Then:*

TROPARION OF THE THIRD HOUR: Tone 6¹

Priest: O Lord, Who didst send down Thy Most Holy Spirit upon Thine Apostles at the third hour, take Him not from us, O Good One, but renew Him in us who pray unto Thee. (*prostration*)

R: O Lord, Who didst send down Thy Most Holy Spirit upon Thine Apostles at the third hour, take Him not from us, O Good One, but renew Him in us who pray unto Thee.

Create in me a clean heart, O God, and put a new and right spirit within me. (*prostration*)

R: O Lord, Who didst send down Thy Most Holy Spirit upon Thine Apostles at the third hour, take Him not from us, O Good One, but renew Him in us who pray unto Thee.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me. (*prostration*)

R: O Lord, Who didst send down Thy Most Holy Spirit upon Thine Apostles at the third hour, take Him not from us, O Good One, but renew Him in us who pray unto Thee.

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

Reader: Now and ever and unto ages of ages. Amen.

O Theotokos, thou art the true vine from whom the Fruit of Life blossomed. We entreat thee, O Lady: "Intercede together with the Apostles and all the Saints, that mercy may be granted to our souls!"

Blessed be the Lord God, blessed be the Lord from day to day, and may the God of our salvation prosper us, for He is our God, the God of salvation.

And immediately:

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy Name's sake.

¹ On Cheesefare Wednesday and Friday, on the Thursday of the Great Canon, and on any day when the Polyeleos was sung at Matins, these troparia are simply read by the reader, without prostrations.

Lord, have mercy. (*thrice*)

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 evil.

Priest: For Thine is the Kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

✠ Amen.

The choir then sings the appointed Kontakia of the Horologion, in Tone 8 (troparion melody)²

Blessed art Thou, O Christ our God,
Who hast revealed the fishermen as most wise
by sending down upon them the Holy Spirit,
and through them Thou didst draw the world into Thy net.//
O Lover of Man, glory to Thee!

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

Give swift and stable comfort to Thy servants, O Jesus, in the weariness of our
spirits;
in afflictions do not part from our souls,
in troubles do not go far from our minds, but be always before us.
Come near us, come near us, Thou Who art everywhere.
As Thou wast always with Thine apostles,
so, O Merciful One, unite Thyself to those who long for Thee,//
that, united to Thee, we may hymn and glorify Thine All-holy Spirit.

now and ever and unto ages of ages. Amen. (Theotokion)

² *If it is a Feast, or on the first four days of Holy Week, the appointed Kontakion of each day is sung.*

O Immaculate Mother of God, thou art the hope, protection and refuge of
Christians,
their unassailable wall, the untroubled harbor of the exhausted;
but as thou savest the world by thine unceasing intercession,//
remember us too, O all-praised Virgin.

Lord, have mercy. (*forty times*)

Thou Who at every season and every hour, in Heaven and on earth, art worshipped and glorified, O Christ our God, long-suffering, merciful and compassionate; Who lovest the just and showest mercy upon the sinner; Who callest all men to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications and direct our lives according to Thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulations, evil, and distress. Surround us with Thy holy Angels, that guided and guarded by their host, we may attain to the unity of the Faith, and to the knowledge of Thine unapproachable glory; for Thou art blessed unto ages of ages. Amen.

Lord, have mercy. (*thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, without corruption thou gavest birth to God the Word: true Theotokos, we magnify thee.

In the Name of the Lord, Father, bless.

Priest: Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us.

R̄. Amen. *Then the following:*

THE PRAYER OF ST. EPHRAIM

Priest: O Lord and Master of my life, give me not a spirit of sloth, despair, lust of power, and idle talk. (*prostration*)

But give rather a spirit of chastity, humility, patience, and love to thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother: for blessed art Thou unto ages of ages. Amen. (*prostration*)

And we make twelve bows from the waist, quietly saying O God, cleanse me a sinner each time.

And again, the whole prayer O Lord and Master... with only one prostration at the end.³

And immediately, the reader continues:

THE PRAYER OF ST. MARDARIUS

O God the Master, Father Almighty, O Lord Jesus Christ, the Only-begotten Son, and Thou, O Holy Spirit; one Godhead, one Power, have mercy upon me, a sinner, and according to Thy divine judgments save me, Thine unworthy servant, for Thou art blessed unto ages of ages. Amen.

And immediately the reader begins the Lenten Office of the Sixth Hour with “Come, let us worship...”⁴

THE END OF THE LENTEN OFFICE OF THE THIRD HOUR



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³ *If no other service is to follow, the reader says Holy God..., etc. After Our Father... and the exclamation, the reader says, Amen. Lord, have mercy (twelve times), followed by the Prayer of St. Mardarius.*

⁴ *If the Lenten Office of the Sixth Hour is not to follow immediately, the reader continues with “Glory... Now and ever... Lord, have mercy. (thrice) Father, bless.” and the priest pronounces the dismissal.*