

TYPIGA

*Prayers for Sunday, March 29, 2020
St. John of Sinai, Author of the Ladder*

Gather the household together first thing in the morning, before your meal. Reverently set up an icon or a Cross as you face East, and once there is peace, begin the service by making three slight bows at the waist towards the East, saying quietly three times: "Lord Jesus Christ, have mercy on me!"

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

Glory to Thee, O God, glory to Thee! O Heavenly King, the Comforter, the Spirit of Truth who art everywhere present 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. (3)

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. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (3)

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



ur 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.

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.

Lord have mercy. (12)

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!

First Antiphon

(Psalm 102)

Bless the Lord, O my soul! Blessèd art Thou, O Lord! Bless the Lord, O my soul! And all that is within me, bless His Holy Name! Bless the Lord, O my soul! And forget not all His benefits! Who forgives all your iniquity, Who heals all your diseases! The Lord is compassionate and merciful, long suffering and of great goodness! Bless the Lord, O my soul! Blessèd art Thou, O Lord!

Second Antiphon

(Psalm 145)

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

Praise the Lord, O my soul! I will praise the Lord as long as I live; I will sing praises to my God while I have being. Put not your trust in princes, in sons of men, in whom there is no salvation. When his breath departs, he returns to his earth; on that very day his plans perish. The Lord will reign forever; Thy God, O Zion, to all generations.

Now and ever, and unto ages of ages. Amen.

Only-begotten Son and Immortal Word of God, Who for our salvation didst will to be incarnate of the Holy Theotokos and Ever- Virgin Mary, Who without change didst become man and wast crucified, O Christ our God, trampling down death by death, Who art One of the Holy Trinity, glorified with the Father and the Holy Spirit, save us!

Third Antiphon - Beatitudes
(Matthew 5:1-12, cf. Luke 6:20-26)

In Thy Kingdom remember us, O Lord, when Thou comest in Thy Kingdom.

Blessèd are the poor in spirit, for theirs is the Kingdom of Heaven.

Blessèd are those who mourn, for they shall be comforted.

Blessèd are the meek, for they shall inherit the earth.

Blessèd are those who hunger and thirst after righteousness, for they shall be filled.

Blessèd are the merciful, for they shall obtain mercy.

Blessèd are the pure in heart, for they shall see God.

Blessèd are the peacemakers for they shall be called the sons of God.

Blessèd are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

Blessèd are you when men shall revile you and persecute you, and shall say all manner of evil against you falsely for my sake.

Rejoice and be exceedingly glad, for great is your reward in Heaven.

Entry Hymn

O come let us worship and fall down before Christ, Who rose from the dead, O Son of God, save us who sing to Thee: Alleluia, alleluia, alleluia.

Sunday Hymns

Tone 8 Troparion *(Resurrection)*

Thou didst descend from on high, O Merciful One!
Thou didst accept the three day burial
to free us from our sufferings!//
O Lord, our Life and Resurrection, glory to Thee!

Tone 1 Troparion *(for St. John Climacus)*

O dweller of the wilderness and angel in the body,
thou wast a wonderworker, O our God-bearing Father John.
Thou didst receive heavenly gifts through fasting, vigil, and prayer,
healing the sick and the souls of those drawn to thee by faith.
Glory to Him Who gave thee strength!
Glory to Him Who granted you a ^crown!//
Glory to Him Who grants healing to all!

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

Tone 8 Kontakion *(Resurrection)*

By rising from the tomb, Thou didst raise the dead and resurrect Adam.
Eve exults in Thy Resurrection,//
and the world celebrates Thy rising from the dead, O greatly Merciful One!

Now and ever and unto ages of ages. Amen.

Tone 4 Kontakion *(for St. John Climacus)*

The Lord truly set thee on the heights of abstinence,
to be a guiding star, showing the way to the universe,//
O our father and teacher John.

Trisagion (Thrice Holy)

Holy God, Holy mighty, Holy Immortal have mercy on us. (3)

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

Holy Immortal have mercy on us.

Holy God, Holy mighty, Holy Immortal have mercy on us

Prokeimenon & Readings

Prokeimenon - Tone 8: Pray and make your vows / before the Lord, our God!

verse: In Judah God is known; His name is great in Israel.

Epistle (Hebrews 6:13-20) For when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless you, and multiplying I will multiply you." And so, after he had patiently endured, he obtained the promise. For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute. Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us. This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

Alleluia, Alleluia, Alleluia! Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior!

Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise!

They that are planted in the house of the Lord shall flourish in the courts of our God.

Wisdom! Let us attend! The reading is from the Holy Gospel, according to St. Mark!

Glory to Thee, O Lord, Glory to Thee!

Gospel: *(Mark 9:17-31)* At that time, one of the crowd answered and said to Jesus, "Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not." He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth. So He asked his father, "How long has this been happening to him?" And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us." Jesus said to him, "If you can believe, all things are possible to him who believes. Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!" Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" So He said to them, "This kind can come out by nothing but prayer and fasting." Then they departed from there and passed through Galilee, and He did not want anyone to know it. For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

Glory to Thee, O Lord, Glory to Thee!

Lord have mercy *(40)*

The Creed

I believe in one God, the Father Almighty; Maker of heaven and earth, and of all things visible and invisible. And in one Lord Jesus Christ the Son of God, the Only-Begotten, Begotten of the Father before all ages. Light of Light; true God of true God; begotten, not made; of One Essence with the Father, by Whom all things were made; Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary and became man. And He was crucified for us under Pontius Pilate, and suffered, and was buried. And the third day He rose again, according to the Scriptures, and ascended into heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; whose Kingdom shall have no end. And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets. In One, Holy, Catholic, and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.

Hymn to the Theotokos

All of creation rejoices in thee, O Full of Grace: the assembly of Angels and the race of men. O sanctified temple and spiritual paradise, the glory of virgins, from whom God was incarnate and became a Child: our God before the ages. He made thy body into a throne, and thy womb He made more spacious than the heavens. All of creation rejoices in thee, O Full of Grace.//
Glory to thee!

Lord have mercy (12)

Lord's Prayer

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. Amen.

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.

Psalm 33

I will bless the Lord at all times, * His praise shall continually be in my mouth. * In the Lord shall my soul be praised; * let the meek hear and be glad. O magnify the Lord with me, * and let us exalt His name together. * I sought the Lord, and He heard me, * and delivered me from all my tribulations. Come unto Him, and be enlightened, * and your faces shall not be ashamed. * This poor man cried, and the Lord heard him, * and saved him out of all his tribulations. The angel of the Lord will encamp round about them that fear Him, * and will deliver them. * O taste and see that the Lord is good; * blessed is the man that hopeth in Him. O fear the Lord, all ye His saints; * for there is no want to them that fear Him. * Rich men have turned poor and gone hungry; * but they that seek the Lord shall not be deprived of any good thing. Come ye children, hearken unto me; * I will teach you the fear of the Lord. * What man is there that desireth life, * who loveth to see good days? Keep thy tongue from evil, * and thy lips from speaking guile. * Turn away from evil, and do good; * seek peace, and pursue it. The eyes of the Lord are upon the righteous, * and His ears are opened unto their supplication. * The face of the Lord is against them that do evil, * utterly to destroy the remembrance of them from the earth. The righteous cried, and the Lord heard them, * and He delivered them out of all their tribulations. * The Lord is nigh unto them that are of a contrite heart, * and He will save the humble of spirit. * Many are the tribulations of the righteous, * and the Lord shall deliver them out of them all. * The Lord keepeth all their bones, * not one of them shall be broken. The death of sinners is evil, * and they that hate the righteous shall do wrong. * The Lord will redeem the souls of His servants, * and none of them will do wrong that hope in Him.

Dismissal

Wisdom! Blessed be *He Who Is*, Christ our God, always now and ever, and unto ages of ages.

Amen. Preserve O God, the Holy Orthodox faith of Orthodox Christians, unto ages of ages.

Most holy Theotokos, save us!

More honorable than the cherubim, and more glorious beyond compare than the seraphim: without defilement thou gavest birth to God the Word. True Theotokos, we magnify thee!

Glory to Thee, O Christ, our God and our only sure hope, glory to Thee!

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen. Lord, have mercy. (3) O Lord, bless!

May He who arose from the dead, Christ our True God, through the prayers of His most pure Mother, of the Holy glorious and all-laudable Apostles, of the Venerable John of Sinai, author of the Ladder, who we commemorate today, and of all those Saints who have shone forth in North America, and of the holy and righteous ancestors of God, Joachim and Anna, have mercy on us and save us, for as much as He is good and loves mankind. Amen.

A short homily may be given here

Through the prayers of our holy fathers, O Lord Jesus Christ our God have mercy on us and save us! Amen.