

## **The Sixth Hour**

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

Amen.

Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, the Spirit of truth, who art everywhere present and fillest all things, the Treasury of good things and Giver of life: Come, and abide in us, and cleanse us from every stain, 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 both now and ever, and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, 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: both 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. Amen

Lord, have mercy. (*Twelve times*)

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

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

O come, let us worship and fall down before Christ, our King and our God.

O come, let us worship and fall down before the Very Christ, our King and our God.

### **PSALM 53**<sup>1</sup>

O God, in Thy name save me, and in Thy strength do Thou judge me. O God, hearken unto my prayer, give ear unto the words of my mouth. For strangers are risen up against me, and mighty men have sought after my soul and have not set God before themselves. For behold, God helpeth me, and the Lord is the protector of my soul. He will bring evils upon mine enemies. Utterly destroy them by Thy truth. Willingly shall I sacrifice unto Thee; I will confess Thy name, O Lord, for it is good. For out of every affliction hast Thou delivered me, and mine eye hath looked down upon mine enemies.

### **PSALM 54**

Give ear, O God, unto my prayer, and disdain not my supplication; attend unto me, and hear me. I was grieved in my meditation, and I was troubled at the voice of the enemy and at the oppression of the sinner; Because they have turned iniquity upon me, and with wrath were they angry against me. My heart is troubled within me, and the terror of death is fallen upon me. Fear and trembling are come upon me, and darkness hath covered me. And I said: Who will give me wings like a dove? And I will fly, and be at rest. Lo, I have fled afar off and have dwelt in the wilderness. I waited for God that saveth me from faintheartedness and from tempest. Plunge them into the depths, O Lord, and divide their tongues, for I have seen iniquity and gainsaying in the city. Day and night they go round about her upon her walls; iniquity and toil and unrighteousness are in the midst of her. And usury and deceit have not departed from her streets. For if mine enemy had reviled me, I might have endured it. And if he that hateth me had spoken boastful words

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<sup>1</sup> All 6<sup>th</sup> Hour Psalms from the Psalter According to the Seventy

against me, I might have hid myself from him. But thou it was, O man of like soul with me, my guide and my familiar friend, Thou who together with me didst sweeten my repasts; in the house of God I walked with thee in oneness of mind. Let death come upon such ones, and let them go down alive into hades. For wickedness is in their dwellings, and in the midst of them. As for me, unto God have I cried, and the Lord hearkened unto me. Evening, morning, and noonday will I tell of it and will declare it, and He will hear my voice. He will redeem my soul in peace from them that draw nigh unto me, for they among many were with me. God will hear, and He will humble them, He that is before the ages. For to them there is no requital, because they have not feared God; He hath stretched forth His hand in retribution. They have defiled His covenant; they were scattered by the wrath of His countenance, and their hearts have convened. Their words were smoother than oil, and yet they are darts. Cast thy care upon the Lord, and He will nourish thee; He will never permit the righteous to be shaken. But Thou, O God, shalt bring those men down into the pit of destruction. Bloody and deceitful men shall not live out half their days; but as for me, O Lord, I will hope in Thee.

### **PSALM 90**

He that dwelleth in the help of the Most High shall abide in the shelter of the God of Heaven. He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him. For He shall deliver thee from the snare of the hunters and from every troubling word. With His shoulders will He overshadow thee, and under His wings shalt thou have hope. With a shield will His truth encompass thee; thou shalt not be afraid for the terror by night, nor for the arrow that flieth by day, nor for the thing that walketh in darkness, nor for the mishap and demon of noonday. A thousand shall fall at thy side, and ten thousand at thy right hand, but unto thee shall it not come nigh. Only with thine eyes shalt thou behold, and thou shalt see the reward of sinners. For Thou, O Lord, art my hope. Thou madest the Most High thy refuge; no evils shall come nigh thee, and no scourge shall draw nigh unto thy dwelling. For He shall give His angels charge over thee, to keep thee in all thy ways. On

their hands shall they bear thee up, lest at any time thou dash thy foot against a stone. Upon the asp and basilisk shalt thou tread, and thou shalt trample upon the lion and dragon. For he hath set his hope on Me, and I will deliver him; I will shelter him because he hath known My Name. He shall cry unto Me, and I will hearken unto him. I am with him in affliction, and I will rescue him and glorify him. With length of days will I satisfy him, and I will show him My salvation.

*At the conclusion of the reading from the Psalter, the reader says:*

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

Alleluia, alleluia, alleluia. Glory to Thee, O God

Alleluia, alleluia, alleluia. Glory to Thee, O God.

Alleluia, alleluia, alleluia, Glory to Thee, O God,

Lord have mercy, Lord have mercy, Lord have mercy.

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

### **TROPARION OF THE DAY**

*Special Troparion are sung on feast days and special saints days, or one of the following, according to the day of the week.*

**MONDAY** (Tone 4) - To the Holy Angels

O ye foremost of the heavenly hosts, we, though unworthy, beseech you that by your petitions ye would encompass us with the shadow of your immaterial glory, preserving us who kneel and cry ceaselessly. Deliver us from oppressions since ye are the princes of the ranks of dominions on high.

**TUESDAY** (Tone 2) - To the Forerunner, John the Baptist

The memory of the righteous is celebrated with songs of praise, but the Lord's testimony is sufficient for thee, O Forerunner. Thou wast shown indeed to be the most honorable of the prophets, for in the waters thou didst baptize Him who had been proclaimed. After suffering with joy on behalf of the truth, thou didst proclaim even to those in

Hades the God who appeared in the flesh, who taketh away the sins of the world and granteth us great mercy.

**WEDNESDAY & FRIDAY** (Tone 1) – For the Cross

O Lord, save Thy people and bless Thine inheritance, grant victory to Orthodox Christians over their adversaries; and preserve Thy habitation by Thy Cross.

**THURSDAY** (Tone 3) - To the Apostles, Peter and Paul

O holy Apostles, intercede with the merciful God to grant our souls forgiveness of sins.

**SATURDAY** (Tone 2) – For all the Saints

O ye Apostles, martyrs, prophets, hierarchs, saints and righteous, who have fought the good fight and kept the faith, we beseech you, since ye have achieved favor with the Savior, plead with Him for our sake, for He is good, to save our souls.

*Both now and ever, and unto ages of ages. Amen.*

**Theotokion and Psalm Verses of the Hour**

Seeing that we have no boldness, because of the multitude of our sins, do thou, O Virgin Theotokos, fervently entreat Him who was born of thee; for the prayer of a mother availeth much to the good will of the Master. Despise not the supplications of sinners, O all-revered one; for merciful and mighty to save is He who graciously deigned to suffer for us.

Let Thy compassions quickly go before us, O Lord, for we are become exceedingly poor. Help us, O God our Savior, for the sake of the glory of Thy name; O Lord, deliver us, and be gracious unto our sins, for Thy name's sake.

*The reader then says the trisagion prayers.*

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

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, 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: both 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. Amen

### **The Kontakion of the day**

*Special Kontakion are sung on feast days and special saints days, or one of the following, according to the day of the week.*

#### **MONDAY** (Tone 2) - To the Holy Angels

O heads of the hosts of God, servants of the divine glory, guides of human beings, and leaders of the incorporeals, intercede for that which benefits us, and seek for us the Great Mercy; for ye are the heads of the incorporeal hosts.

#### **TUESDAY** (Tone 2) - To the Forerunner, John the Baptist

O prophet of God and forerunner of grace, we have found thy head in the earth as an all-pure rose. Wherefore, we seek from it healing at all times; for as of old thou ceasest not in the world to preach repentance.

#### **WEDNESDAY & FRIDAY** (Tone 4) – For the Cross

Do Thou, who of Thine own good will was lifted up upon the cross, O Christ our God, bestow Thy bounties upon the new nation which is called by Thy name. Make glad in Thy might

those who lawfully govern, that with them we may be led to victory over our adversaries. Having in Thine aid a weapon of peace and a trophy invincible.

**THURSDAY** (Tone 2) - To the Apostles, Peter and Paul

Verily, O Lord, Thou hast translated to bliss and the enjoyment of Thy blessings, the two trustworthy preachers, theologians, and heads of Thy disciples; for Thou didst accept their struggles and death as better than any sacrifice, O Thou who alone knowest the secrets of our hearts.

**SATURDAY**

Unto Thee, O Lord the Author of creation, the universe doth offer the God-bearing martyrs as the first-fruits of nature. By whose prayers, through the Theotokos, do Thou preserve in peace profound Thy Church, O most merciful One.

Lord, have mercy. (*forty times*)

Thou Who at all times and at every hour, both in heaven and on earth art worshipped and glorified, O Christ God, long-suffering, plenteous in mercy and compassion, Who lovest the just and showest mercy to sinners; Who callest all men to salvation through the promise of good things to come: Do Thou, the same Lord, receive also our supplications at this present hour, and direct our lives according to Thy commandments. Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; deliver us from all calamity, wrath, and distress. Compass us round about with Thy holy angels; that, guided and guarded by their hosts, we may attain unto the unity of the Faith, and to the comprehension of Thine ineffable glory. For blessed art Thou unto ages of ages. Amen.

Lord, have mercy. (THRICE)

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

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Thou who without corruption bearest God the Word; and art truly Theotokos: we magnify thee.

In the Name of the Lord, bless. Amen

### **The Final Prayer**

*(Prayer of Saint Basil the Great)* O God and Lord of hosts and Maker of all things created, who through the tender-hearted compassion of Thine incomparable mercy didst send down Thine only begotten Son, our Lord Jesus Christ, for the salvation of our race, and by His precious cross didst destroy the handwriting of our sins and didst thereby triumph over the origin and powers of darkness: Do Thou, the same Lord, who lovest mankind, receive also these thanksgivings and fervent prayers of us sinners. And deliver us from every harmful and gloomy transgression and from all enemies, both visible and invisible, who seek after us to destroy us. Nail our flesh with the fear of Thee, and incline not our hearts to words or thoughts of wickedness; but wound our souls with the love of Thee, that looking ever unto Thee and guided by Thee in the light, beholding Thee, the Light ineffable and everlasting, we may ascribe unto Thee ceaseless confession and thanksgiving unto the unoriginate Father, together with Thine only-begotten Son, and Thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

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

Lord have mercy. (Thrice) LORD BLESS

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