

## The First Psalm of the Typica

Bless the Lord, O my soul.\* Blessed are you, 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 do not forget all his praiseworthy gifts:\*  
he forgives all your iniquities,\* he heals all your ailments,  
he redeems your life from corruption,\* he favors you with his mercy and  
compassion.  
Gracious and merciful is the Lord,\* abounding in patience and mercy!  
Bless the Lord, O my soul,\* and all that is within me bless his holy name.  
Blessed are you, O Lord.

## The Third Sunday Antiphon

Come, let us sing joyfully to the Lord, let us acclaim God, our Savior.  
Son of God, risen from the dead, save us who sing to You: Alleluia.

Let us come before His face with praise, and acclaim Him in psalms.  
Son of God, risen from the dead, save us who sing to You: Alleluia.

For God is the great Lord and the great king over all the earth.  
Son of God, risen from the dead, save us who sing to You: Alleluia.

\*\*\*\*\*Entrance\*\*\*\*\*

Come, let us worship and fall down before Christ.  
Son of God, risen from the dead, save us who sing to You: Alleluia.

## Tropars

You came down from on high, O Merciful One,\* and accepted three days of  
burial to free us from our sufferings.\* O Lord, our life and our resurrection,\*  
glory be to You.

Your church all over the world is regally adorned with martyrs' blood\* as  
with purple and fine linen.\* Through them she raises her voice to you crying  
out:\* O Christ God send down your mercies on your people;\* grant peace  
to this, your community,\* and to our souls great mercy.

Glory be to the Father and to the Son and to the Holy Spirit, now and for  
ever and ever. Amen.

To you, Lord, the maker of all creation,\* the world presents the God-bearing martyrs as the first fruits of nature.\* Through their prayers, and for the sake of the Theotokos,\* preserve your church and this community of believers in a deep faith,\* most merciful Lord.

### **Apostolos (Hebrews 11:32-12:1)**

**Prokimenon:** Awesome in his saints is God,\* the God of Israel.

**Stichon:** In the churches, bless God,\* the Lord out of Israel's wellspring.

**Reading** from the Epistle of St. Paul to the Hebrews:

Brethren, all of the saints by faith conquered kingdoms, wrought justice, obtained the fulfillment of promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, recovered strength from weakness, became valiant in battle, routed foreign armies. Women had their dead returned to them through resurrection. Others were tortured, refusing to yield for their release, in order to obtain a better resurrection. Others again suffered mockery and beatings, even chains and jailings. They were stoned, they were cut to pieces, they were put to the test, they were killed by the sword. They went about in sheepskins and goatskins, destitute, anguished, afflicted (of whom the world was not worthy) wandering in deserts, mountains, caverns and holes in the ground.

And all of these, in spite of positive witnessing of faith, failed to receive what was promised, for God was keeping something better in store for us, so that they were not to reach their final perfection without us.

And so, having such a cloud of witnesses over us, let us get rid of every burden, and of the sin entangling us, and run with endurance to the fight proposed to us, contemplating the author and final end of faith, Jesus.

**Alleluia:** The just cried out, and the Lord heard them,\* and he delivered them from all their trials.

**Stichon:** Many are the trials of the just,\* but out of them all, the Lord will save them.

**Gospel: (Matthew 10:32-33; 37-38; 19:27-30)**

The Lord said to his disciples: "Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father. Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me." Then Peter said to him in reply, "We have given up everything and followed you. What will there be for us?" Jesus said to them, "Amen, I say to you that you who have followed me, in the new age, when the Son of Man is seated on his throne of glory, will yourselves sit on twelve thrones, judging the twelve tribes of Israel. And everyone who has given up houses or brothers or sisters or father or mother or children or lands for the sake of my name will receive a hundred times more, and will inherit eternal life. But many who are first will be last, and the last will be first."

**Instead of: "It is truly right..."**

No change. We sing "It is truly right..."

**Kinonikon**

Praise the Lord from the heavens;\* praise him in the highest.  
Rejoice in the lord, you righteous ones;\* praise from the upright is fitting.

Alleluia, Alleluia, Alleluia.