

TYPIKA AT HOME: MARCH 14, 2021
THE FOURTH SUNDAY OF THE GREAT FAST
COMMEMORATION OF OUR HOLY FATHER JOHN CLIMACUS, AUTHOR OF THE
LADDER

Opening Hymns:

Troparion, Tone 8:

You descended from on high, O merciful One. You accepted burial for three days to free us from our passions. O Lord, our Resurrection and our Life, glory to you.

Troparion, Tone 4:

O venerable John, we have found your godly deeds to be a divine ladder leading us to heaven for you were a model of virtue. Therefore, beg Christ our God to save our souls.

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

Response: Amen.

Glory to you, our God, glory to you.

Heavenly King, Comforter, Spirit of Truth, everywhere present and filling all things, Treasury of blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious One.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. (*Three times*)

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

Most Holy Trinity, have mercy on us; Lord, cleanse us of our sins; Master, forgive our transgressions; Holy One, come to us and heal our infirmities for your name's sake.

Lord, have mercy. (*Three times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. 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.

Leader: Lord Jesus Christ, Son of God, have mercy on us.

Response: Amen.

Lord, have mercy. (*Twelve times*)

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

Come, let us worship our King and God.
Come, let us worship Christ, our King and God.
Come, let us worship and bow before the only Lord Jesus Christ the King and our God.

We chant the Typical Psalms:

Psalm 102:

Bless the Lord, O my soul,
and all my being, bless his holy name.

Bless the Lord, O my soul,
and never forget all his blessings.

It is he who forgives all your guilt,
who heals every one of your ills,

who redeems your life from the grave,
who crowns you with love and compassion,

who fills your life with good things,
renewing your youth like an eagle's.

The Lord does deeds of justice,
gives judgment for all who are oppressed.

He made known his ways to Moses
and his deeds to Israel's sons.

The Lord is compassion and love,
slow to anger and rich in mercy.

His wrath will come to an end;
he will not be angry forever.

He does not treat us according to our sins
nor repay us according to our faults.

For as the heavens are high above the earth
so strong is his love for those who fear him.

As far as the east is from the west
so far does he remove our sins.

As a father has compassion on his sons,
the Lord has pity on those who fear him;

for he knows of what we are made,

he remembers that we are dust.

As for man, his days are like grass;
he flowers like the flower of the field;

the wind blows and he is gone
and his place never sees him again.

But the love of the Lord is everlasting
upon those who hold him in fear;

his justice reaches out to children's children
when they keep his covenant in truth,
when they remember his commands and do them.

The Lord has set his throne in heaven
and his kingdom is ruling over all.

Bless the Lord, all his angels,
mighty in power, fulfilling his word,
who heed the voice of his word.

Bless the Lord, all his hosts,
his servants who do his will.

Bless the Lord, all his works,
in every place where he rules.

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

Bless the Lord, O my soul!
and all my being, bless his holy name.

Blessed are you, O Lord.
Glory to the Father, and to the Son,
and to the Holy Spirit.

Praise the Lord, O my soul.
I will praise the Lord all my life.
I will make music to my God while I live.

Put no trust in princes,
in mortal men in whom there is no help.

Take their breath, they return to clay

and their plans that day come to nothing.

He is happy who is helped by Jacob's God,
whose hope is in the Lord his God,

who alone made heaven and earth,
the seas and all they contain.

It is the Lord who keeps faith forever,
who is just to those who are oppressed.

It is he who gives bread to the hungry,
the Lord, who sets prisoners free,

the Lord who gives sight to the blind,
who raises up those who are bowed down,

the Lord, who protects the stranger
and upholds the widow and orphan.

It is the Lord who loves the just
but thwarts the path of the wicked.

The Lord will reign forever,
Zion's God, from age to age.

Now and ever
and forever. Amen.

Hymn of the Incarnation

O only-begotten Son and Word of God, who, being immortal, deigned for our salvation to become incarnate of the holy Theotokos and Ever-Virgin Mary, and became man without change; you were also crucified, O Christ our God, and by death have trampled Death, being One of the Holy Trinity, glorified with the Father and the Holy Spirit, save us.

Troparia at the Beatitudes

In your kingdom, remember us, O Lord, when you come in your kingdom.

12. Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

11. Blessed are they who mourn,
for they will be comforted.

10. *Blessed are the meek,
for they will inherit the land.*

(Tone 8) Remember us, O Christ, Savior of the world, as you remembered the thief on the cross, and make us all worthy of your heavenly kingdom, only merciful One.

9. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

- Adam, hear and rejoice along with Eve, because he who stripped both of you naked and took us captive by deceit, has been overcome by the cross of Christ.

8. Blessed are the merciful, for they will be shown mercy.

- Adam, hear and rejoice along with Eve, because he who stripped both of you naked and took us captive by deceit, has been overcome by the cross of Christ.

7. Blessed are the pure of heart, for they will see God.

- O our Savior, when you were willingly nailed to the cross, you delivered us from the curse of Adam, and since you are merciful, you restored the image and the dwelling in Paradise.

6. Blessed are the peacemakers, for they will be called children of God.

- Today Christ rose from the grave, granting incorruption to all the faithful. He ushers in joy for the myrrh-bearers after the passion and resurrection.

5. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

- Rejoice, you wise myrrh-bearing women, the first to see Christ's resurrection. You announced to his apostles the restoration of the whole world.

4. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me.

(Tone 5) My divine life has been overcome by my passions; left half-dead beneath the blows of my sins, I have found refuge in you; have mercy on me, O Lord.

3. Rejoice and be glad, for your reward will be great in heaven.

- Thieves have plundered my treasure; beaten unmercifully, they have left me half-dead. Have pity on my soul, wounded by my passions, and save me, O Lord.

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

- Seeing my misery, the Levite passed by, unable to bear the defilement of my wounds; but you, O Lord and Lover of Humanity, have poured out the oil of your rich mercy.

1. Now and ever and forever. Amen.

- Truly we glorify you, O burning bush that is not consumed, O mountain, living ladder and gate to heaven, O Virgin Mary, the glory of Christians.

Prokeimenon, Tone 8:

Make vows to the Lord your God and fulfill them.

Verse: God is known in Judah; in Israel his name is great.

Prokeimenon, Tone 8:

Let the faithful rejoice in glory, shout for joy and take their rest.

Epistle: Hebrews 6:13-20 and Ephesians 5:9-19

Leader: A reading from the Letter of St. Paul the Apostle to the Hebrews.

Brothers and Sisters: When God made the promise to Abraham, since he had no one greater by whom to swear, "he swore by himself," and said, "I will indeed bless you and multiply" you. And so, after patient waiting, he obtained the promise. Human beings swear by someone greater than themselves; for them an oath serves as a guarantee and puts an end to all argument. So when God wanted to give the heirs of his promise an even clearer demonstration of the immutability of his purpose, he intervened with an oath, so that by two

immutable things, in which it was impossible for God to lie, we who have taken refuge might be strongly encouraged to hold fast to the hope that lies before us. This we have as an anchor of the soul, sure and firm, which reaches into the interior behind the veil, where Jesus has entered on our behalf as forerunner, becoming high priest forever according to the order of Melchizedek.

Brothers and Sisters: Live as children of light, for light produces every kind of goodness and righteousness and truth. Try to learn what is pleasing to the Lord. Take no part in the fruitless works of darkness; rather expose them, for it is shameful even to mention the things done by them in secret; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore, it says: "Awake, O sleeper, and arise from the dead, and Christ will give you light." Watch carefully then how you live, not as foolish persons but as wise, making the most of the opportunity, because the days are evil. Therefore, do not continue in ignorance, but try to understand what is the will of the Lord. And do not get drunk on wine, in which lies debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts.

Alleluia, Tone 8: Alleluia, alleluia, alleluia!

Verse: Come, let us sing joyfully to the Lord; let us acclaim God our Savior.

Verse: Let us come into his presence with thanksgiving, and let us joyfully sing psalms to him.

Tone 4: Alleluia, alleluia, alleluia!

Verse: Planted in the house of the Lord, he will flourish in the courts of our God.

Leader: A reading from the gospel of the holy apostle and evangelist Mark. (Mark 9:17-31 and Matthew 4:25-5:12)

Response: Glory to you, O Lord, glory to you.

Leader:

At that time: Someone from the crowd answered Jesus, "Teacher, I have brought to you my son possessed by a mute spirit. Wherever it seizes him, it throws him down; he foams at the mouth, grinds his teeth, and becomes rigid. I asked your disciples to drive it out, but they were unable to do so." He said to them in reply, "O faithless generation, how long will I be with you? How long will I endure you? Bring him to me." They brought the boy to him. And when he saw him, the spirit immediately threw the boy into convulsions. As he fell to the ground, he began to roll around and foam at the mouth. Then he questioned his father, "How long has this been happening to him?" He replied, "Since childhood. It has often thrown him into fire and into water to kill him. But if you can do anything, have compassion on us and help us." Jesus said to him, "If you can! Everything is possible to one who has faith." Then the boy's father cried out, "I do believe, help my unbelief!" Jesus, on seeing a crowd rapidly gathering, rebuked the unclean spirit and said to it, "Mute and deaf spirit, I command you: come out of him and never enter him again!" Shouting and throwing the boy into convulsions, it came out. He became like a corpse, which caused many to say, "He is dead!" But Jesus took him by the hand, raised him, and he stood up. When he entered the house, his disciples asked him in private, "Why could we not drive it out?" He said to them, "This kind can only come out through prayer and through fasting." They left from there and began a

journey through Galilee, but he did not wish anyone to know about it. He was teaching his disciples and telling them, "The Son of Man is to be handed over to men and they will kill him, and three days after his death he will rise."

At that time: great crowds from Galilee, the Decapolis, Jerusalem, and Judea, and from beyond the Jordan followed Jesus. When he saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you.

Response: Glory to you, O Lord, glory to you.

Then:

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

Remember us, O Lord,
when you come in your kingdom.

Remember us, O Master,
when you come in your kingdom.

Remember us, O Holy One,
when you come in your kingdom.

The heavenly choir praises you and says,
Holy, holy, holy, Lord God of hosts;
heaven and earth are filled with your glory.

Look towards him and be radiant;
let your faces not be abashed.

The heavenly choir praises you and says,
Holy, holy, holy, Lord God of hosts;
heaven and earth are filled with your glory.

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

The choir of holy angels and archangels, with all the heavenly powers, praises you and says,

Holy, holy, holy, Lord God of hosts;
heaven and earth are filled with your glory.

Now and ever
and forever. Amen.

Profession of Faith

I believe in one God, the Father Almighty, Creator of heaven and earth, of all things visible and invisible; and in one Lord Jesus Christ, Son of God, the only-begotten, born of the Father before all ages. Light from light, true God from true God, begotten, not made, one in essence with the Father; through whom all things were made. For us and for our salvation, he came down from heaven and was incarnate from the Holy Spirit and the Virgin Mary, and became man. He was crucified for us under Pontius Pilate, and suffered and was buried. He rose on the third day according to the scriptures. He ascended into heaven and is seated at the right hand of the Father, and he is coming again in glory to judge the living and the dead, and his kingdom will have no end. And in the Holy Spirit, the Lord, the Creator of Life, who proceeds from the Father. Together with the Father and the Son he is worshiped and glorified; he spoke through the prophets. In one, holy, catholic, and apostolic Church. I profess one baptism for the remission of sins. I expect the resurrection of the dead and the life of the world to come. Amen.

Remit, pardon, and forgive our transgressions, voluntary and involuntary, in deed and in word, with knowledge and in ignorance, in thought and in desire, by night and by day, forgive them all, O God, for you are good and love us all.

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.

Leader: Lord Jesus Christ, Son of God, have mercy on us.

Response: Amen.

Kontakion, Tone 4:

John, our teacher and father, the Lord has raised you to the heights of self-control, to be a true guiding star enlightening the ends of the earth.

Lord, have mercy. (*Twelve times*)

Leader: Most holy Trinity, Consubstantial Power, Indivisible Kingdom, Cause of all good things, look favorably upon me, a sinner, at this present hour. Take away all the defilement of my mind and enlighten my understanding that I may always praise, glorify, and say:

Response: One is holy, one is Lord Jesus Christ, to the glory of God the Father. Amen

The Leader bows his head and together with the faithful makes a spiritual Communion praying aloud:

O Lord, I believe and confess that you are truly Christ,
who came into the world
To save sinners of whom I am the first.
Although I cannot be a partaker now of your mystical supper, O Son of God,
Come at least spiritually into my heart by Your Divine Grace
for the healing of my soul and body.
For I will not reveal your mystery to your enemies,
Nor will I give you a kiss as did Judas,
But like the thief I profess to you:
+ Remember me, O Lord, when you come in your kingdom.
+ Remember me, O Master, when you come in your kingdom.
+ Remember me, O Holy One, when you come in your kingdom.
O Lord, I also believe and profess, that this,
Which I would receive, and which is now here present with us in Mystery,
Is truly your most precious Body, and your life-giving Blood,
Which, I pray, I may one day receive again
For the remission of all my sins and for life everlasting. Amen

Then immediately:

Psalm 33

I will bless the Lord at all times,
his praise always on my lips;

In the Lord
my soul shall make its boast
The humble shall hear
and be glad.

Glorify the Lord with me.
Together let us praise his name.

I sought the Lord and he answered me;
from all my terrors he set me free.

Look towards him and be radiant;
let your faces not be abashed.

This poor man called, the Lord heard him
and rescued him from all his distress.

The angel of the Lord is encamped,
around those who revere him, to rescue them.

Taste and see that the Lord is good.
He is happy who seeks refuge in him.

Revere the Lord, you his saints.
They lack nothing, those who revere him.

Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing.

Come, children, and hear me
that I may teach you the fear of the Lord.

Who is he who longs for life and many days,
to enjoy his prosperity?

Then keep your tongue from evil
and your lips from speaking deceit.

Turn aside from evil and do good;
seek and strive after peace.

The Lord turns his face against the wicked
to destroy their remembrance from the earth.

The Lord turns his eyes to the just
and his ears to their appeal.

The just cried out and the Lord heard them,
and rescued them from all their distress.

The Lord is close to the broken-hearted;
those whose spirit is crushed he will save.

Many are the trials of the just,
but from them all the Lord will rescue them.

He will keep guard over all their bones,
not one of their bones shall be broken.

Evil brings death to the wicked;
those who hate the good are doomed.

The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned.

More honorable than the cherubim, and beyond compare more glorious than the seraphim;
who, a virgin, gave birth to God the Word, you, truly the Theotokos, we magnify.

Leader: Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy

on us.

Response: Amen.

Closing Hymn:

Tone 1 (*Samohlasen*)

Come, let us labor in the mystical vineyard of the Lord, and, in it, we shall gather the fruit of conversion; for we do not work to fill ourselves with food and drink, but to cultivate virtue through fasting and prayer. Thus we shall please the Lord, and the Master of the vineyard will give us the recompense by redeeming our souls from the debt of sin; for he alone is all good.

(From the Psalms of Praise at Matins)