When the Israelites crossed the abyss as if on dry land, and saw Pharaoh their persecutor drowning in the sea, they cried out: Let us sing a hymn of victory to our God.

Glory to you, our God, glory to you.
In the treasure of your goodness, O Creator and Lord, you planted the delights of Paradise and directed me to enjoy the pleasing fruits of Eden, the fruits that do not pass away. Refrain

Alas, my poor soul, in Eden you were able to taste every fruit except that of the forbidden knowledge. Why have you transgressed the commandment of your God?

None is as holy, none as holy as you, O Lord my God;
you have exalted the strength of your faithful, O Good one,
and you have established us on the unshakable rock of the confession of your name.

O Virgin Theotokos, you are a daughter of Adam according to the flesh, but by the grace of Christ, you have given birth to our God; call me back again to Paradise which I have lost.

The Irmos of the Triodion is repeated as katavasia.

Ode 3
Irmos - Tone 6
Glo - ry to you, our God, glo - ry to you.

Refrain

Glo - ry to the  Father,  and  to  the  Son,  and  to  the  Holy Spir - it;

now and ev - er and for - ev - er. A - men.

In days of old, jealous of my royal dignity, the Serpent whispered into the ear of Eve his deceitful and cunning plan; and through this fault, I was cut off from the concert of life. Refrain

Having stretched out my hand toward the tree of knowledge, I tasted the fruit which the Lord had forbidden me; and for the price of my imprudence, I was cut off from the glory of God. Refrain

Alas, O my poor soul! How did you not recognize the treachery? How did you not sense the duplicity and jealousy of the Enemy? Your spirit was darkened, and you have transgressed the law of the Creator.

O Virgin, my hope and my protection, by your giving birth, you alone could cover over the ancient nakedness of Adam; grant me again the robe of immortality

The Irmos of the Triodion is repeated as katavasia.

Small Litany. p. 32

Sessional Hymn 1 - Tone 1 podoben, Udivisja Josif

A - dam was de - prived of the de - lights of pa - ra - dise by the bit - ter ness of the fruit; his glut - ton - y made him re - ject the com - mand - ment of the Lord.
He was condemned to work the earth from which he himself had been formed; by the sweat of his brow he had to earn his bread to eat. Therefore let us learn self-control so that we do not have to weep before the gates of paradise; rather, let us strive to enter therein.

Cantor: *(Tone 4 kontakion)* Glory...

Be-hold, the time of vir-tue has ar-rived! The Judge is seat-ed at the gate. Let us not put on a gloom-y face; but with fasting let us of-fer Him our tears and alms; and with com-punc-tion in our heart, let us say: We have sinned more num-rous-ly than the sands in the sea. For-give us, O Re-deem-er of the world, that we may also share the crown of im-mor-tal-i-ty.
Cantor: Now and ever...  

We never cease to praise your majesty, despite our unworthiness, O Theotokos; for if you would not intercede for us, who would deliver us from such dangers? You are the one who has kept us in freedom; do not separate us from you, O our Lady, for you save your servants from all calamity.

Ode 4  
Irmos - Tone 6

Christ is my strength, my Lord and my God! This is the hymn that the holy Church proclaims, and with a purified heart she sings praises unto the Lord.

Refrain

Glory to you, our God, glory to you.
I was filled with honors when I was with you in Eden, O Master. Woe is me! How was I deceived by the envy of the Devil and rejected far from your face?  

Refrain

Choirs of angels, pour out your tears for me, and also you beauties of Paradise, the magnificent trees; for I was led astray by my misfortune and chased far away from God.  

Refrain

O pleasant meadows, O sweetness of Paradise, you trees planted by God, let your leaves, as so many eyes, pour out tears for my nakedness and my estrangement from the glory of God.  

Refrain

Beloved Paradise, no longer shall I savor your view. No long shall I enjoy your delights nor your divine splendor; for behold, I am here on earth, naked and rejected, for having angered my Creator.

O God most good, illumine with your divine brightness the souls of those who love you and keep watch before you. I beseech you, O
Word of God: grant that they may know you, the true God, who calls us out of the darkness of sin.

Refrain

Glo - ry to you, our God, glo - ry to you.

The Enemy, jealous of my happiness in days of old, in his hatred of the human race took the form of a serpent to make me fall from Paradise and separate myself from eternal glory. Refrain

I weep and my soul is beaten down and I add the streams of tears from my eyes, when I see and recognize the nakedness that I endure because of my transgression. Refrain

From the earth the hand of God formed me, and I have learned because of my misfortune that it is to the earth that I must return. Who would not weep for me; I am cast out from the presence of God, *I and I have exchanged Eden for Hades.

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

Most holy Mother of God, we, the faithful, recognize in you the bright nuptial chamber of God. Therefore, I humbly beseech you: Despite my fault, make me return to the light of Paradise.

The Irmos of the Triodion is repeated as katavasia.
When I see the ocean of this life tossed about by the tempest of temptations, I hasten to your harbor of peace and cry out to you, O God of goodness: Rescue my life from the pit of corruption.

Glory to you, our God, glory to you.

O Savior, in your goodness you clothed me with a divine garment in Paradise; but, seduced by the Demon, I violated your commandment; and in my wretchedness, I recognized my nakedness. Refrain

O my poor soul, in your carelessness you have separated yourself from God. The delights of Paradise have been taken away from you, and you have been separated from the angels. You have fallen into the pit, and what a fall it is. Refrain

Spare me and have mercy on me, O almighty Lord, do not despise the work of your hands, O God of goodness, even though I have separated myself from the company of your saints.

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

O Virgin Mary, blessed among all, Queen of the universe, who opened for all believers the gates of Paradise, which Adam had formerly closed by his disobedience, open for me the gates of mercy.

The Irmos of the Triodion is repeated as katavasia.

Kontakion of Chesefare Sunday - Tone 6

O guide to wisdom and giver of insight, teacher of the ignorant and protector of the poor, strengthen and enlighten my heart, O Master. Word of the Father, give me words for behold I do not restrain my lips from crying out to you: O merciful Lord, have mercy on me, for I have fallen.

Adam formerly sat before the gate of Paradise weeping, and with his head buried in his hands he cried out: Reftain

Banished from Paradise by the angel who closed the gate of the heavenly garden, Adam sighed deeply and said: Reftain

O delightful Paradise, share in the sorrow of your fallen master, and, by the whispering of your leaves, beseech the Creator not to keep you closed forever: Reftain

O Paradise, filled with beauty and charm, planted for Adam and closed by Eve, pray to the Lord for your fallen master: Reftain
Ode 7
Irmos - Tone 6

In the furnace the angel poured out dew upon the noble youths

but at the order of God the fire burned the Chaldeans;

and the tyrant was forced to sing: Blessed are you, O Lord, the God of our fathers.

Refrain

Glory to you, our God, glory to you.

O Lord, who is ruler over all the ages, and who has formed me according to your good will, when the jealous Serpent deceived me, I stirred up the heat of your anger; do not despise the work of your hands, but, O God and Savior, call me back. Refrain

Alas! Clothed in garments of shame rather than the robe of light, I lament my loss, O Savior, and in faith I cry out to you: Do not despise your servant, but, in your goodness, call me back. Refrain

Through jealousy, the Serpent, that Prince of evil, has mortally wounded my soul and caused me to be banished from Paradise; do not despise me, O God and Savior, but in your compassion, call me back.

Glory to the Father, and to the Son, and to the Holy Spirit;
All-holy Virgin, in your compassion receive my prayer; grant me the forgiveness of my sins when I call upon you with tears; do not despise your servant, but in your goodness, call me back.

*The Irmos of the Triodion is repeated as katavasia.*

**Ode 8**

**Irmos - Tone 6**

You made dew spring forth amid the flames for your holy ones,

and through water you set fire to the sacrifice of your just one,

for you accomplish all things through your will alone.

O Christ, we exalt you through all ages.

**Refrain**

Glory to you, our God, glory to you.

O Lord and Lover of us all, of old you honored the work of your hands with many gifts; but, alas, the hissing of the heartless Serpent seduced me and stripped me of all these blessings. *Refrain*

Why have you followed the bitter counsel of the serpent in disobedience of the divine will? Alas, O my soul, you have offended the Lord whom you ought to glorify unceasingly with the angels.
Let us bless the Father, Son, and Holy Spirit, Lord.

Now and ever and forever. Amen.

Let us praise, bless, and worship the Lord, singing and highly exalting him above all forever.

Katavasia: repeat Irmos from above.

The Canticle of the Theotokos (Magnificat) is sung, page 34.

Ode 9
Irmos - Tone 6

For the human race, it is impossible to see God, upon whom even the angels dare not gaze; but because of you,
O most pure One, the Word made flesh is seen by mortals; and when we exalt you, together with the ranks of heavens, we proclaim you blessed.

Refrain

Glo - ry to you, our God, glo - ry to you.

In Eden, the fruit of knowledge seemed agreeable and sweet to me, and I took my fill and was satisfied. But in the end, it became bitter as gall to me. Alas, my poor soul! How has gluttony made you a stranger to the banquet of Paradise? Refrain

O Lord of mercy and God of all, look with love upon the humility of my heart and do not chase me from the heavenly Paradise; seeing the wonders from which I have fallen, may I seek to regain by my tears that which I had formerly lost. Refrain

I weep and sigh and lament when I see the Cherubim with flaming sword stationed at the entrance to Eden, to expel the disobedient and make Paradise inaccessible to them. But you yourself will come to open it again, O Savior. Refrain

I trust in the abundance of your love, O Christ, my Savior, for you have made the blood of your pierced side flow over us; through it you have sanctified the nature of mortals by opening to those who serve you, O Lord, the gates of the heavenly Paradise, which were formerly closed by the sin of Adam.
Glo - ry to the  Father,  and  to  the  Son,  and  to  the Holy Spir - it;
now and ev - er and for - ev - er. A - men.

O mystical gate of life, through whom God alone has passed, O Virgin and spouseless Mother, by your prayers, open to me the gates that were formerly closed in Paradise, that I may glorify you, my only hope after God, in whom I find unfailing shelter.

Katavasia: repeat Irmos from above.

Hymns of Light

(a) "Holy is the Lord our God" in the Tone of the Week
(b) Hymn of the Light corresponding to the Gospel of the Resurrection

Glory...now and ever...

Those whom you had formerly expelled from Paradise for having eaten the forbidden fruit, O Lord, you now lead back again by your Cross and Passion. O my Savior and my God; grant us also the strength to complete the course of this Fast in holiness, so that we may adore your divine Resurrection, the Pasch of salvation, through the prayers of the Theotokos.

The Psalms of Praise (Psalms 148-150)

Psalms of Praise in the Tone of the Week, with recited verses, and four stichera of the Resurrection, beginning "on 6"; then:

Cantor: (Tone 5) Praise him with timbrel and dance,
(on 2) praise him with strings and pipes.

Woe is me! cried Adam a - mid his tears. The wom - an and the Serpent have deprived
me of divine friendship; and by the fruit of the forbidden tree,

they have taken from me the joys of Paradise. Alas! How shall I now endure this humiliation? For on earth I was formerly ruler of all the creatures of God; now I have become their slave because of an evil counsel. Formerly I was clothed in an immortal brightness; now, as a poor mortal, I am wrapped in the shroud of death. Alas! Whom shall I find to weep with me?

But, O Lord and Lover of all of us, you have drawn me out of the earth; now call me forth from the servitude of the Enemy, and, in your compassion, grant me your salvation.
The arena of virtues is now open! Let all who wish to begin training now enter! Prepare yourselves for the struggle of the Fast; those who strive valiantly shall receive the crown! Let us put on the armor of the Cross to combat the Enemy, taking faith as our unshakable rampart. Let us put on prayer as our breastplate, and charity as our helmet. As our sword, let us use fasting, for it cuts out all evil from our hearts. Those who do this shall truly receive the crown from the hands of Christ, the Almighty One, on the day of judgment.

Cantor: O praise him with resounding cymbals, praise him with clashing of cymbals. Let everything that lives and that breathes give praise to the Lord.
Adam was driven out of Paradise for having eaten the forbidden food; and Moses was granted the vision of God after he had purified the eyes of his soul by fasting. Let us, who desire one day to dwell in Paradise, now fast from the food of perdition. If we wish to see God, let us fast for forty days as Moses did, persevering in prayer and supplication; let us calm the passions of our soul and subdue the stirrings of our flesh.

Let us walk with a light step on the path that leads to heaven, where the choir of angels sing unceasingly and praise the indivisible Trinity, so that we may contemplate the striking beauty of the Lord. O Son of God
and Giver of life, our hope is in you. Deem us worthy to join the choir of heavenly armies, through the intercession of the Mother who gave you birth, and by the prayers of the apostles, the martyrs, and all the saints.

Cantor: I will praise you, Lord, with all my heart; I will recount all your wonders.

Behold, this is the time of spiritual struggle and the victory over demons. The armor of temperance is the splendor of the angels and our assurance of closeness to God. By it Moses became a confidant of the Creator and was able to hear his voice in invisible revelations.

By it, grant us also, in your goodness, O Lord, to adore your Passion and your holy Resurrection.
Cantor: Glory…

Repeat, "Behold, this is the time of spiritual struggle..."

Cantor: (Tone 2) Now and ever…

Theotokion for normal Sundays, p. 40

The service continues with the Great Doxology on page 41.