

Stichera at the Pre-Sanctified Liturgy Wednesday and Friday of the Fourth Week of Great Lent

At Lord I have cried we sing 3 stichera in tones 4,5 and 1, as set forth below:

Tone 4

O Lord, I have cried un - to You: hear me!

Hear me, O Lord! O Lord, I have

cried un - to You: hear me! Re - ceive the voice

of my prayer when I call up - on You.

Hear me, O Lord!

Let my prayer be set forth in Your sight as

in - cense, and let the lift - ing up of

my hands be an eve - ning sa - cri - fice.

Hear me, O Lord!

Verse:

For with the Lord there is mer - cy and with Him

plen - te - ous re - demp - tion and He shall re - deem

Is - ra - el from all his i - ni - qui - ties.

Stichera:

We have now reached the mid - dle of the Fast that

brings us bless - - - ings. It has helped us

to re - ceive God's grace in the days that are past,

and it will bring us fur - ther be - ne - fit in
the____ days to come. For by con - tin - u - ing
in what is right we at - tain yet great - er - gifts.
We____ there - fore cry to Christ the giv - er
of all____ good: O You, Who for our
sake has fast - ed and en - dured the Cross,
make us wor - thy to share un - con - demned in Your
Di - vine Pas - cha. May we spend our
lives in peace and right - ly glo - ri - fy You

with the Fa - ther — and the — Spi - rit.

In Tone 5

Verse:

O praise the Lord all na - tions, praise — Him all

you peo - ples.

Stichera:

If we look for a spi - ri - tual re - ward,

let us per - form our good deeds in se - cret

let us not pro - claim them in the streets but

keep them hid - den in our hearts. Then He Who

sees the se - crets of all will re - ward us

for our ab - sti - nence. Let us com - plete
the Fast, not with a long face,
but pray - ing in the in - ner room of
our souls; and with - out ceas - ing let us cry:
Our Fa - ther Who art in hea - ven,
lead us not in - to temp - ta - tion, we pray,
but de - liv - er us from the e - vil one.

In tone 1

Verse:

For He has made his mer - cy to pre - vail

ov - er us, and the truth of the Lord — en -
dures — for - ev - er.

Stichera:

Let us all wash our souls clean - in the
wa - ters of the Fast, and ap - proach - ing
the pre - cious and hon - ored Cross of the Lord,
let us ve - ne - rate — it with faith,
let us draw from it di - vine en - light -
en - - - ment, gath - er - ing the fruit of

e - ter - nal sal - va - tion, peace and great —
mer - cy.

In tone 7

Glory Now and Ever Verse:

Glo - ry to the Fa - ther and to the Son and to the
Ho - ly Spi - rit, now and ev - er and un - to
a - ges of a - ges. A - men.

Stichera:

My souls dig - ni - ty I have en - slaved
to my pas - sions; I have be - come like
an an - i - mal, and have no pow - er

to lift my eyes to You, Most High.

But with my head bowed like the pub - li - can,

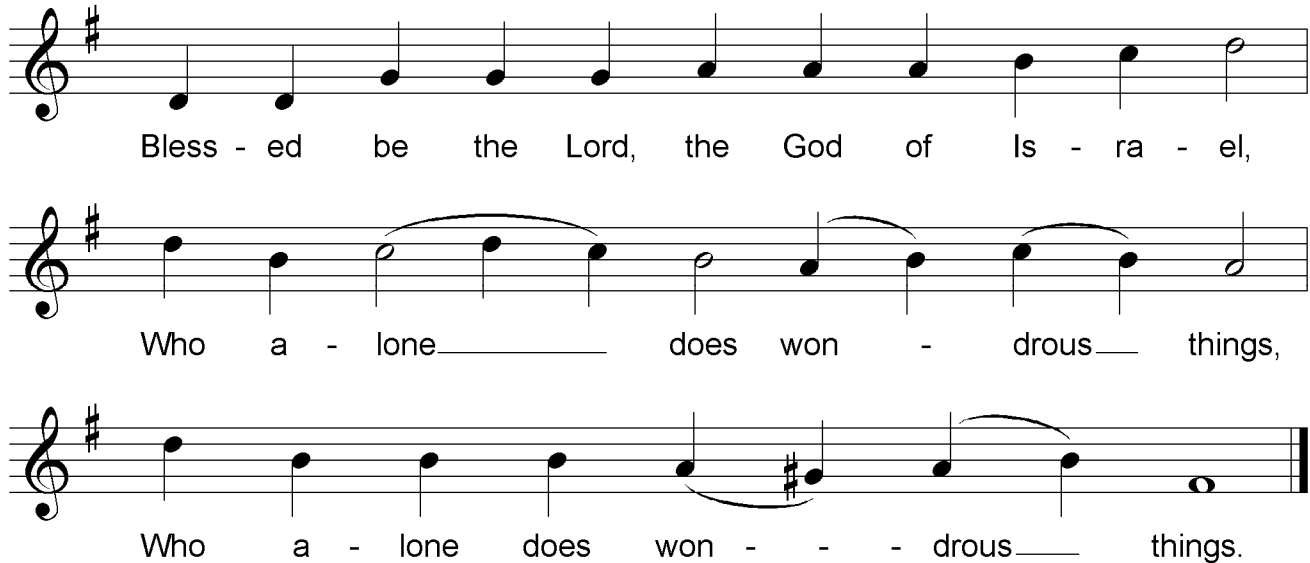
I pray to You, O Christ, and cry — a - loud,

God be mer - ci - ful to me — and — save me!

Prokimens and Old Testament Readings

Wednesday of the Fourth Week of Great Lent

First Prokimen in Tone Four



Bless - ed be the Lord, the God of Is - ra - el,
Who a - lone does won - drous things,
Who a - lone does won - drous things.

The First Old Testament Reading Genesis 9:18-10:1

The sons of Noah who went forth from the ark were Shem, Ham, and Japheth. Ham was the father of Canaan. These three were the sons of Noah; and from these the whole earth was peopled. Noah was the first tiller of the soil. He planted a vineyard; and he drank of the wine, and became drunk, and lay uncovered in his tent. And Ham, the father of Canaan, saw the nakedness of his father, and told his two brothers outside. Then Shem and Japheth took a garment, laid it upon both their shoulders, and walked backward and covered the nakedness of their father; their faces were turned away, and they did not see their father's nakedness. When Noah awoke from his wine and knew what his youngest son had done to him, he said, "Cursed be Canaan; a slave of slaves shall he be to his brothers." He also said, "Blessed by the Lord my God be Shem; and let Canaan be his slave. God enlarge Japheth, and let him dwell in the tents of Shem; and let Canaan be his slave." After the flood Noah lived three hundred and fifty years. All the days of Noah were nine hundred and fifty years; and he died. These are the generations of the sons of Noah, Shem, Ham, and Japheth; sons were born to them after the flood.

The Second Prokimen in Tone Four

It is good for me to be near my God.

It is good for _____ me to be near my God,

it is good for me to be _____ near my God

The Second Old Testament Reading Proverbs 12:23-13:9

A prudent man conceals his knowledge, but fools proclaim their folly. The hand of the diligent will rule, while the slothful will be put to forced labor. Anxiety in a man's heart weighs him down, but a good word makes him glad. A righteous man turns away from evil, but the way of the wicked leads them astray. A slothful man will not catch his prey, but the diligent man will get precious wealth. In the path of righteousness is life, but the way of error leads to death. A wise son hears his father's instruction, but a scoffer does not listen to rebuke. From the fruit of his mouth a good man eats good, but the desire of the treacherous is for violence. He who guards his mouth preserves his life; he who opens wide his lips comes to ruin. The soul of the sluggard craves, and gets nothing, while the soul of the diligent is richly supplied. A righteous man hates falsehood, but a wicked man acts shamefully and disgracefully. Righteousness guards him whose way is upright, but sin overthrows the wicked. One man pretends to be rich, yet has nothing; another pretends to be poor, yet has great wealth. The ransom of a man's life is his wealth, but a poor man has no means of redemption. The light of the righteous rejoices, but the lamp of the wicked will be put out.

Prokimens and Old Testament Readings Friday of the Fourth Week of Great Lent

First Prokimen in Tone Four

Give ear, O Shep - herd of Is - ra - el,
Who leads Jo - seph like a flock.
Who leads Jo - seph like a flock.

The First Old Testament Reading Genesis 12:1-17

Now the Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. And I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and him who curses you I will curse; and by you all the families of the earth shall bless themselves." So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran. And Abram took Sarai his wife, and Lot his brother's son, and all their possessions which they had gathered, and the persons that they had gotten in Haran; and they set forth to go to the land of Canaan. When they had come to the land of Canaan, Abram passed through the land to the place at Shechem, to the oak of Moreh. At that time the Canaanites were in the land. Then the Lord appeared to Abram, and said, "To your descendants I will give this land." So he built there an altar to the Lord, who had appeared to him. Thence he removed to the mountain on the east of Bethel, and pitched his tent, with Bethel on the west and Ai on the east; and there he built an altar to the Lord and called on the name of the Lord. And Abram journeyed on, still going toward the Negeb. Now there was a famine in the land. So Abram went down to Egypt to sojourn there, for the famine was severe in the land. When he was about to enter Egypt, he said to Sarai his wife, "I know that you

are a woman beautiful to behold; and when the Egyptians see you, they will say, 'This is his wife'; then they will kill me, but they will let you live. Say you are my sister, that it may go well with me because of you, and that my life may be spared on your account." When Abram entered Egypt the Egyptians saw that the woman was very beautiful. And when the princes of Pharaoh saw her, they praised her to Pharaoh. And the woman was taken into Pharaoh's house. And for her sake he dealt well with Abram; and he had sheep, oxen, he-asses, men-servants, maidservants, she-asses, and camels. But the Lord afflicted Pharaoh and his house with great plagues because of Sarai, Abram's wife.

The Second Prokimen in Tone Four

Re - jice in God, re - jice
in God, our help - er.
our help - er.

**The Second Old Testament Reading
Proverbs 14:15-26**

The simple believes everything, but the prudent looks where he is going. A wise man is cautious and turns away from evil, but a fool throws off restraint and is careless. A man of quick temper acts foolishly, but a man of discretion is patient. The simple acquire folly, but the prudent are crowned with knowledge. The evil bow down before the good, the wicked at the gates of the righteous. The poor is disliked even by his neighbor, but the rich has many friends. He who despises his neighbor is a sinner, but happy is he who is kind to the poor. Do they not err that devise evil? Those who devise good meet loyalty and faithfulness. In all toil there is profit, but mere talk tends only to want. The crown of the wise is their wisdom, but folly is the garland of fools. A truthful witness saves lives, but one who utters lies is a betrayer. In the fear of the Lord one has strong confidence, and his children will have a refuge.