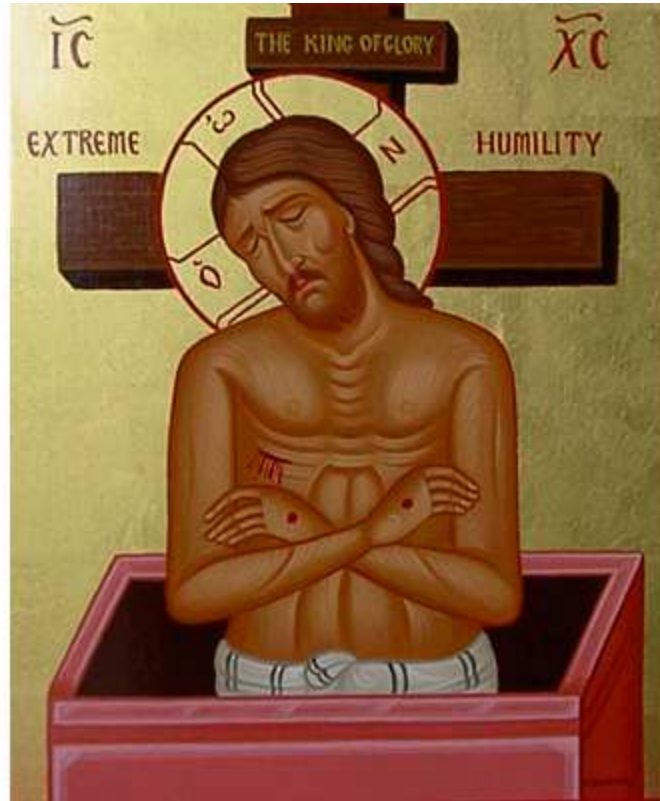


Prayer Book

For private or family prayers.



English-Korean Parallel

Version: 031206

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Overview

Design: This large format prayer book for private and family prayers is designed to be easily interchangeable with the highly accessible Holy Transfiguration Monastery prayer book (for Vespers and Compline) and with the universally treasured Hapgood service book (for Hours and Typica). Those who are most comfortable with their own familiar books should have little difficulty using them in place of this volume.

Prayers when the Priest is not present: Laypersons may generally pray the whole order of the Divine services in their entirety, except the ectenes (litanies) and priestly responses. Where a priest would say: *Blessed be our God...* we say: *By the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.* The longer ectenes are replaced by ‘Lord, have mercy’ (12x), and Little Ectene by ‘Lord, have mercy’ (3x). Where “Choir” is indicated, it should be understood as “All”.

Vespers & Small Compline: The Vespers and Compline format are virtually identical with that of the Holy Transfiguration Monastery prayer book. The only significant differences in the present text is the addition to Vespers of the *Troparion of the Cross*: “O Lord save Thy people and bless Thine inheritance” and the addition to Compline of the Ten Prayers Before Sleep (found also in the Jordanville), and the Hymn: “O Virgin Pure” by St. Nektarios.

3rd, 6th, & 9th Hours & Typical Psalms: The format of The Hours is virtually identical to the Hapgood. Psalms are from *The Psalter According to the Seventy* by Holy Transfiguration Monastery. These are used in both the Holy Transfiguration Monastery and Jordanville prayer books. Korean Psalms are from the 공동번역. To the format of The Typical Psalms have been added the Sunday Prokeimenon, Epistle, Alleluia, and Gospel, and Psalm 33 as a Hymn.

Moveable Prayers: The most accessible inserts with the proper stichera, troparia, kontakia, and readings, are available at: www.antiochian.org/1110642035

Other Sources consulted:

- Small Horologion of the Korean Orthodox Church
- The Priest’s Service Book of the OCA (translated by Archbishop Dmitri)
- Readers Service Horologion by Fr. John Whiteford
- Liturgical Texts – Fr. Lawrence of Holy Transfiguration Monastery
- The All-Night Vigil Service (Archpriest Victor Potapov)
- Liturgical Texts -- Vespers for Sundays and Feast Days (Archimandrite Ephrem)
- Liturgical Texts – website of the Antiochian Archdiocese
- Services in the absence of a priest (Vespers, Compline, Typica) – Antiochian Diocese of Wichita & Mid-America

Preparatory Prayers for a Reader (*To be prayed secretly*): Open Thou my lips, O Lord, to bless thy holy Name: cleanse my heart from all vain, evil, and wandering thoughts; enlighten my understanding and kindle my affections, that I may fittingly read these hours with attention and devotion, and so may be meet to be heard before the presence of Thy divine Majesty; through Christ our Lord, Who liveth and reigneth with Thee and the Holy Ghost, ever One God, both now and ever and unto all ages of ages. Amen.

Vespers

For the Vespers, one could easily use any of these portable prayer books for laymen -- interchangeably with this large format one.

Holy Transfiguration Monastery Prayer Book	Antiochian Service Book	This Prayer Book
<ul style="list-style-type: none"> • Thru the prayers • Trisagion Prayers • Thru the prayers • Mercy x 12 & Glory 	<ul style="list-style-type: none"> • Thru the prayers 	<ul style="list-style-type: none"> • Thru the prayers • Trisagion Prayers • Thru the prayers • Mercy x 12 & Glory
<ul style="list-style-type: none"> • Come let us Worship • Psalm 103 • Glory • Threefold Alleluia & "Our Hope, O Lord, Glory be to Thee" • Mercy x 12 & Glory (instead of Great Litany) • Kathisma • Mercy x 3 & Glory (instead of Little Litany) • Lord, I have cried w. 10 <i>stichera</i> • Glory w. <i>Doxastichon</i> & <i>Theotokion</i> • O Gladsome Light • Prokeimenon • <i>Readings if Appointed</i> • Mercy x 3 & Glory (instead of Augmented Litany) • Vouchsafe O Lord • Mercy x 12 & Glory (instead of Litany of Fervent Supplication) 	<ul style="list-style-type: none"> • Come let us Worship • Psalm 103 • Glory • Threefold Alleluia & "Our Hope, O Lord, Glory be to Thee" • Mercy x 12 & Glory (instead of Great Litany) • Kathisma • Mercy x 3 & Glory (instead of Little Litany) • Lord, I have cried w. 10 <i>stichera</i> • Glory w. <i>Doxastichon</i> & <i>Theotokion</i> • O Gladsome Light • Prokeimenon • <i>Readings if Appointed</i> • Mercy x 3 & Glory (instead of Augmented Litany) • Vouchsafe O Lord • Mercy x 12 & Glory (instead of Litany of Fervent Supplication) 	<ul style="list-style-type: none"> • Come let us Worship • Psalm 103 • Glory • Threefold Alleluia & "Our Hope, O Lord, Glory be to Thee" • Mercy x 12 & Glory (instead of Great Litany) • Kathisma • Mercy x 3 & Glory (instead of Little Litany) • Lord, I have cried w. 10 <i>stichera</i> • Glory w. <i>Doxastichon</i> & <i>Theotokion</i> • O Gladsome Light • Prokeimenon • <i>Readings if Appointed</i> • Mercy x 3 & Glory (instead of Augmented Litany) • Vouchsafe O Lord • Mercy x 12 & Glory (instead of Litany of Fervent Supplication)
		<ul style="list-style-type: none"> • Troparion of the Cross – "O Lord save Thy people and bless Thine"
<ul style="list-style-type: none"> • <i>Aposticha w. Glory, Tropar, & Theotokion</i> • Prayer of St. Symeon • Trisagion Prayers • Thru the prayers • <i>Apolytikion w. Theotokion</i> • Dismissal Prayers: "Establish O God the holy Orthodox Faith of Orthodox Christians", More Honorable, Glory, Mercy x3, Prayer to the Patron Saint & Saints of the Day • Thru the prayers 	<ul style="list-style-type: none"> • <i>Aposticha w. Glory, Tropar, & Theotokion</i> • Prayer of St. Symeon • Trisagion Prayers • Thru the prayers • <i>Apolytikion w. Theotokion</i> • Dismissal Prayers: "Establish O God the holy Orthodox Faith of Orthodox Christians", More Honorable, Glory, Mercy x3, Prayer to the Patron Saint & Saints of the Day • Thru the prayers 	<ul style="list-style-type: none"> • <i>Aposticha w. Glory, Tropar, & Theotokion</i> • Prayer of St. Symeon • Trisagion Prayers • Thru the prayers • <i>Apolytikion w. Theotokion</i> • Dismissal Prayers: "Establish O God the holy Orthodox Faith of Orthodox Christians", More Honorable, Glory, Mercy x3, Prayer to the Patron Saint & Saints of the Day • Thru the prayers

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and save us.

Amen.

The Trisagion Prayers

“The Thrice Holy” Prayers

O heavenly King, Comforter, Spirit of truth, Who art in all places and fillest all things, Thou Treasury of blessings, 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 (One), have mercy upon us! (3x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all ages of ages. Amen.

All-Holy Trinity, have mercy upon us. Lord, cleanse us from our sins. Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name’s sake.

Lord, have mercy. (3x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all 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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one. Amen.

하늘의 임금이시며 위로자시여, 진리의 성령이시며 어디에나 현존하시며 온갖 것을 채워 주시는 이여, 행복과 생명을 주시는 이여, 오시어 우리 안에 머무르사 우리의 불결하게 된 모든 것을 깨끗하게 하시고, 선하신 이여, 우리 영혼을 구해 주시옵소서.

거룩한 하느님이시여, 거룩하고 전능하신 이여, 거룩하고 영원하신 이여, 우리를 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

지극히 거룩하신 삼위일체여, 우리를 불쌍히 여기소서. 주여, 우리의 죄를 사해 주소서. 주여, 우리의 잘못을 용서해 주소서. 거룩하신 이여, 오셔서 당신의 이름으로 병들고 약한 우리를 낫게 해주소서.

주여, 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

하늘에 계신 우리 아버지, 아버지의 이름이 거룩하게 하시며, 아버지의 나라가 오게 하시며, 아버지의 뜻이 하늘에서와 같이 땅에서도 이루어지게 하소서. 오늘 우리에게 필요한 양식을 주시고 우리가 우리에게 잘못된 이들을 용서하듯이 우리의 잘못을 용서하시고 우리를 유혹에 빠지지 않게 하시고 악에서 구하소서. 아멘.

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and save us.

Amen.

Lord, have mercy (12x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all ages of ages. Amen.

+ Come, let us worship God our King!
+ Come, let us worship and fall down before Christ, our King and our God!
+ Come, let us worship and fall down before Christ Himself, our King and our God!

주여, 불쌍히 여기소서. (12 번 반복)

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

임금이신 우리 하느님 앞에 와서 엎드려 경배합시다.
그리스도 임금이신 우리 하느님 앞에 와서 엎드려 경배합시다.
그리스도 임금이신 우리 하느님 그의 앞에 와서 엎드려 경배합시다.

The Proemial Psalm

The Sunset or Vespers Psalm: Psalm 103 (104) David's. Concerning the Foundation of the World
During which the Priest would cense the entire temple while the Beautiful Gates are open. Then they are shut, and the Priest stands before them quietly praying the seven Prayers at the Lighting of the Lamps (Prayers of Light) while the lamps are being lit.



Readers:

1 Bless the Lord, O my soul. O Lord my God, thou art very great; thou hast clothed thyself with praise and honour:
2 who dost robe thyself with light as with a garment; spreading out the heaven as a curtain.
3 Who covers his chambers with waters; who makes the clouds his chariot; who walks on the wings of the wind.
4 Who makes his angels spirits, and his ministers a flaming fire.
5 Who establishes the earth on her sure foundation: it shall not be moved for ever.
6 The deep, as it were a garment, is his covering: the waters shall stand on the hills.
7 At thy rebuke they shall flee; at the voice of thy thunder they shall be alarmed.
8 They go up to the mountains, and down to the plains, to the place which thou hast founded for them.
9 Thou hast set a bound which they shall not pass, neither shall they turn again to

1. 내 영혼아, 야훼를 찬미하여라. 야훼, 나의 하느님, 실로 웅장하십니다. 영화도 찬란히 화사하게 입으시고
2. 두루마기처럼 빛을 휘감았습니다. 하늘을 차일처럼 펼치시고
3. 물 위에 궁궐을 높이 지으시고, 구름으로 병거를 삼으시고 바람 날개를 타고 다니시며,
4. 바람을 시켜 명령을 전하시고 번갯불에게 심부름을 시키시며,
5. 땅을 주춧돌 위에 든든히 세우시어 영원히 흔들리지 않게 하셨습니다.
6. 깊은 물로 땅을 입히셨더니 산꼭대기까지 덮은 물결은
7. 꾸짖으시는 일갈에 움찔 물러나고 천둥 소리, 당신 목소리에 줄행랑을 칩니다.
8. 물들은 산을 넘고 골짜기로 내려가 당신께서 정하신 그 자리로 흘렀습니다.
9. 당신께서는 금을 그어 넘지 못하게 하시고 다시 돌아와 땅을 덮지 못하게

cover the earth.

10 He sends forth his fountains among the valleys: the waters shall run between the mountains.

11 They shall give drink to all the wild beasts of the field: the wild asses shall take *of them* to *quench* their thirst.

12 By them shall the birds of the sky lodge: they shall utter a voice out of the midst of the rocks.

13 He waters the mountains from his chambers: the earth shall be satisfied with the fruit of thy works.

14 He makes grass to grow for the cattle, and green herb for the service of men, to bring bread out of the earth;

15 and wine makes glad the heart of man, to make his face cheerful with oil: and bread strengthens man's heart.

16 The trees of the plain shall be full *of sap*; even the cedars of Libanus which he has planted.

17 There the sparrows will build their nests; and the house of the heron takes the lead among them.

18 The high mountains are a refuge for the stags, *and* the rock for the rabbits.

19 He appointed the moon for seasons: the sun knows his going down.

20 Thou didst make darkness, and it was night; in it all the wild beasts of the forest will be abroad:

21 *even* young lions roaring for prey, and to seek meat for themselves from God.

22 The sun arises, and they shall be gathered together, and shall lie down in their dens.

23 Man shall go forth to his work, and to his labour till evening.

24 How great are thy works, O Lord! in wisdom hast thou wrought them all: the earth is filled with thy creation.

25 *So is* this great and wide sea: there are things creeping innumerable, small animals and great.

26 There go the ships; *and* this dragon whom thou hast made to play in it.

27 All wait upon thee, to give them *their* food in due season.

28 When thou hast given *it* them, they will gather *it*; and when thou hast opened thine hand, they shall all be filled with good.

하셨습니다.

10. 계곡마다 샘물을 터뜨리시어 산과 산 사이로 흐르게 하시니

11. 들짐승들이 모두 마시고 목마른 나귀들도 목을 축입니다.

12. 하늘의 새들이 그 가까운 곳에 깃들이고 나뭇가지 사이에서 지저귀입니다.

13. 높은 궁궐에서 산 위에 물을 쏟으시니 온 땅이 손수 내신 열매로 한껏 배부릅니다.

14. 짐승들이 먹을 풀을 기르시고 사람이 농사지어 땅에서 양식을 얻도록 곡식을 또한 가꾸셨습니다.

15. 사람의 마음을 즐겁게 하는 포도주도 내시고 얼굴에 윤기 내는 기름도 내시고 힘을 돋우어주는 양식도 내셨습니다.

16. 야훼의 나무들은 배부르게 마시니, 손수 심으신 레바논의 송백은

17. 새들이 거기에 깃들이고 그 꼭대기엔 황새가 집을 짓사옵니다.

18. 높은 산은 산양들의 차지, 바위틈은 오소리의 피신처.

19. 때를 가늠하도록 달을 만드시고 해에게는 그 질 곳을 일러주셨습니다.

20. 어둠을 드리우시니 그것이 밤, 숲 속의 온갖 짐승들이 움직이는 때,

21. 사자들은 하느님께 먹이를 달라고 소리지르며 사냥을 하다가도

22. 해가 돌으면 스스로 물러가 제자리로 돌아가 잠자리 찾고

23. 사람은 일하러 나와서 저물도록 수고합니다.

24. 야훼여, 손수 만드신 것이 참으로 많사오나 어느 것 하나 오묘하지 않은 것이 없고 땅은 온통 당신 것으로 풍요합니다.

25. 저 크고 넓은 바다, 거기에는 크고 작은 물고기가 수없이 우글거리고

26. 배들이 이리 오고 저리 가고 손수 빛으신 레비아단이 있지만 그것은 당신의 장난감입니다.

27. 때를 따라 주시는 먹이를 기다리며 이 모든 것들은 당신을 쳐다보다가

28. 먹이를 주시면 그것을 받아먹으니, 손만 벌리시면 그들은 배부릅니다.

29. 그러다가 당신께서 외면하시면 어쩔

29 But when thou hast turned away thy face, they shall be troubled: thou wilt take away their breath, and they shall fail, and return to their dust.
 30 Thou shalt send forth thy Spirit, and they shall be created; and thou shalt renew the face of the earth.
 31 Let the glory of the Lord be for ever: the Lord shall rejoice in his works;
 32 who looks upon the earth, and makes it tremble; who touches the mountains, and they smoke.
 33 I will sing to the Lord while I live; I will sing praise to my God while I exist.
 34 Let my meditation be sweet to him: and I will rejoice in the Lord.
 35 Let the sinners fail from off the earth, and transgressors, so that they shall be no more. Bless the Lord, O my soul.

줄을 모르고 숨을 거두어들이시면
 죽어서 먼지로 돌아가지만,
 30. 당신께서 입김을 불어 넣으시면 다시
 소생하고 땅의 모습은 새로워집니다.
 31. 야훼의 영광은 영원하소서. 손수 만드신
 것 야훼의 기쁨 되소서.
 32. 굽어만 보셔도 땅은 떨고 다치기만
 하셔도 산들은 연기를 뿜는구나.
 33. 나는 한평생 야훼를 노래하리라. 숨을
 거둘 때까지 악기를 잡고 나의 하느님을
 노래하리라.
 34. 나의 이 노래가 그에게 기쁨이 되었으면
 좋으련만. 나는 야훼님 품안에서
 즐겁기만 하구나!
 35. 죄인들아, 이 세상에서 사라져버려라!
 악인들아, 너희 또한 영원히 사라져라!
 내 영혼아, 야훼를 찬미하여라.
 할렐루야.

And again:

36. The sun knoweth his going down, Thou appointedst the darkness, and there was the night. How magnified are Thy works, O Lord! In wisdom hast Thou made them all.

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

+ Alleluia, alleluia, alleluia. Glory to Thee, O our God. (3x)

Reader: Our Hope, Our Lord, glory be to Thee.

Choir: Lord, have mercy. (12x) [instead of the Great Litany – The Litany of Peace]

Reader: Glory be to the Father, and to the + Son, and to the Holy Spirit, both now and ever, and unto all ages of ages.

Choir: Amen.

영광이 성부와 성자와 성신께
 이제와 항상 또 영원히 있나이다. 아멘.

알렐루야 알렐루야 알렐루야 주여, 당신께 영광 돌리나이다. (3번)

우리 희망이신 주님께 영광 돌리나이다.

주여, 불쌍히 여기소서. (12 번 반복)

영광이 성부와 성자와 성신께
 이제와 항상 또 영원히 있나이다. 아멘.

아멘.

The Kathisma

The verses of The Psalter

Choir: Blessed is the man who walks not in the counsel of the wicked. * Alleluia, alleluia, alleluia.

Reader: Nor taken the path of the sinful, nor sat among pernicious men, But who delights in the law of the Lord, and will meditate on His law day and night. He shall be as tree that is planted near running water, That shall yield its fruit in due season, and its leaves shall not fall. And in whatever he does he shall prosper. Not so the wicked, not so: They are like chaff scattered by the wind from the face of the earth. Therefore the wicked shall not stand in judgment, nor sinners in the councils of the just;

Choir: For the Lord knows the way of the righteous, and the way of the wicked shall perish. * Alleluia, alleluia, alleluia.

Reader: Why did the Gentiles grow insolent and the people practice vain things? The kings of the earth stood side by side, the princes conspired against the Lord and against His anointed one. "Let us burst their bonds and throw off their yoke," they said. He who dwells in the heavens will laugh them down; the Lord will make light of them. But then in His anger He will speak to them, and in His wrath, strike terror in them: "It is I who was established king by Him on Sion, His holy mountain." Proclaiming the Lord's command The Lord said to me: "Thou art My son; today I have begotten Thee." Ask of Me, and I will give Thee the nations as Thy lot, and the ends of the earth as Thy domain. Thou wilt shepherd them with an iron staff: like a potter's vessels Thou wilt shatter them." And now, you kings, take notice; be informed, you who judge the earth.

Choir: Serve the Lord with fear, and rejoice in Him with trembling. * Alleluia, alleluia, alleluia.

Reader: Accept His censure, lest the Lord be angry and you perish from the way of righteousness. When His wrath is suddenly kindled,

Choir: Blessed are all who take refuge in Him. * Alleluia, alleluia, alleluia.

Reader: O Lord, who do so many taunt me? Many are those who rise up against me; Many who say to me, "There is no salvation from him in his God." But Thou, O Lord, art a shield around me, my glory: the one who lifts up my head. I cried out to the Lord in a loud voice, and from His holy mountain He heard me. As for me, I lay down and slept. Then I awoke, for the Lord will be my help. I will not fear ten thousand people arrayed against me all around.

Choir: Arise, O Lord, save me, O my God. * Alleluia, alleluia, alleluia.

Reader: For Thou hast stricken all who hated me without cause; Thou hast shattered the sinners' teeth.

Choir: Salvation belongs to the Lord, Thy blessing be upon Thy people. * Alleluia, alleluia, alleluia.

Glory to the Father, and to the + Son, and to the Holy Spirit, * Alleluia, alleluia, alleluia.

Both now and ever, and unto the ages of ages. Amen. * Alleluia, alleluia, alleluia.

+ Alleluia, alleluia, alleluia. Glory to Thee, O God. (x3)

Choir: Lord, have mercy. (3x) [instead of the Little Litany]

Reader: Glory be to the Father, and to the + Son, and to the Holy Spirit, both now and ever, and unto all ages of ages.

Choir: Amen.

Lord I Have Cried

The Deacon would now perform the Great Censing while we sing

We chant "O Lord, I have cried ..." in Tone 6 with ten stichera:

Reader: In the 6th Tone: Lord, I have cried out unto Thee, hear Thou me.

Psalm 140 (141)

Choir: Lord, I have cried out unto Thee, hear Thou me. Hear me, O Lord. Lord, I have cried out unto Thee, hear Thou me; Attend to the voice of my supplication, when I cry unto Thee. Hear Thou me, O Lord.

Reader: O Lord I have cried unto Thee, hear me. Receive the boldness of my prayer when I call upon Thee

Choir: Let my prayer be set forth in thy sight as incense. And let the lifting up of my hands be an evening sacrifice.

Reader: Set a guard O Lord before my mouth and a portal around my lips. Incline my heart away from evil words, from making excuses for my sins. With men that work iniquity; and I will not join with their chosen. The righteous man will chasten me with mercy and reprove me; as for the oil of the sinner, let it not anoint my head. For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been. They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto hades. For unto Thee, O Lord, O Lord, are mine eyes, in Thee have I hoped; take not my soul away. Keep me from the snare which they have laid for me, and from the stumbling-blocks of them that work iniquity. The sinners shall fall into their own net; I am alone until I pass by.

Choir: Lord, I have cried out unto Thee, hear Thou me. Hear me, O Lord. Lord, I have cried out unto Thee, hear Thou me; Attend to the voice of my supplication, when I cry unto Thee. Hear Thou me, O Lord.

Reader: 야훼여, 당신께 호소하오니, 어서 오소서. 소리높여 당신께 부르짖을 때 이 호소를 들으소서.

Choir: 나의 기도 분향으로 받아주시고 치켜 든 손 저녁의 제물로 받아주소서.

Reader: 야훼여, 이 입에 문지기를 세워주시고 이 말문에 파수꾼을 세워주소서. 이 마음을 악한 일에 기울이지 않게 하시고 악한들과 함께 악한 일을 하지 않게 하소서. 나는 그들이 차리는 식탁에서 먹지 않으리이다. 의인에게 매를 맞고, 그 사랑의 벌을 받게 하소서. 나의 머리 위에 악인들이 기름 바르지 못하게 하소서. 나는 언제나 그들의 악행을 반대하여 기도 드립니다. 그들의 재판관들은 바위의 발톱에 잡혀 내 말이 옳았음을 깨닫게 될 것입니다. 뱀돌이 땅에 부딪쳐 깨지듯이 우리의 뼈가 저승문 어귀에 흩어졌습니다. 그러나 주 야훼여, 나의 눈은 당신을 바라보고, 이 몸 당신께 숨기오니 이 목숨 내버리지 마소서. 저들이 쳐놓은 올가미에 걸려들지 않게 하시고 악한 자들의 덫에 치이지 않도록 지켜주소서. 악인들은 모두 저희가 친 그물에 걸려들게 하시고, 나는 안전하게 내 길을 가게 하소서.

Psalm 141 (142) 1-6*A Psalm of instruction for David, when he was in the cave*

Reader: 1 I cried to the Lord with my voice; with my voice I made supplication to the Lord.

2 I will pour out before him my supplication: I will declare before him mine affliction.

3 When my spirit was fainting within me, then thou knewest my paths; in the very way wherein I was walking, they hid a snare for me.

4 I looked on *my* right hand, and behold, for there was none that noticed me; refuge failed me; and there was none that cared for my soul.

5 I cried unto thee, O Lord, and said, Thou art my hope, my portion in the land of the living.

6 Attend to my supplication, for I am brought very low; deliver me from them that persecute me; for they are stronger than I.

1. 나는 야훼께 부르짖습니다. 나는 야훼께 애원합니다.
2. 나의 애타는 마음을 고백합니다. 이 괴로움을 아뢰옵니다.
3. 내가 숨이 넘어갈 듯 허덕일 때, 당신은 나의 앞길을 보살피십니다. 사람들은 나를 잡으려고 내가 가는 길에 덫을 놓았습니다.
4. 오른쪽을 살펴보소서. 걱정해 주는 사람 하나 없사옵니다. 도망칠 길마저 모두 막혔는데, 내 목숨을 근심해 주는 사람 하나 없사옵니다.
5. 야훼여, 당신 향하여 소리지릅니다. "당신은 나의 피난처 이 세상에서 당신은 나의 모든 것."
6. 나는 너무나도 비참하게 되었습니다. 이 부르짖는 소리를 귀담아들어 주소서. 나를 핍박하는 자들에게서 이 몸을 건져주소서. 그들은 나보다 강합니다.

Stichera for “Lord I Have Cried”

(From Psalms 129 and 116) Here the Priest would open the Beautiful Gates and the Little Entrance would begin.

Verse 10: Bring my soul out of prison, that I may praise Thy name.

<STICHERA>

Verse 9: The righteous shall wait for me until Thou recompense me.

<STICHERA>

Verse 8: Out of the depths have I cried to Thee, O Lord, Lord hear my voice.

<STICHERA>

Verse 7: Let Thine ears be attentive to the voice of my supplication.

<STICHERA>

Verse 6: If Thou, O Lord, shouldest mark iniquities, O Lord, who shall stand? For with Thee there is forgiveness.

<STICHERA>

Verse 5: Because of Thy name have I waited for Thee, O Lord; my soul hath waited upon Thy word, my soul hath hoped in the Lord.

<STICHERA>

Verse 4: From the morning watch until night, from the morning watch let Israel trust in the Lord.

<STICHERA>

Verse 3: For with the Lord there is mercy and with Him is abundant redemption, and He will deliver from all His iniquities.

<STICHERA>

Verse 2: Praise the Lord, all ye nations. Praise Him, all ye people.

<STICHERA>

Verse 1: For His mercy is great towards us, and the truth of the Lord endureth forever.

<STICHERA>

Verse 10: 이 감옥에서 나를 살려내 주소서. 당신 이름 불러 감사 노래 부르리이다.

<STICHERA>

Verse 9: 나에게 입혀주신 당신 은덕으로 이 몸이 의인들에게 둘러싸이리이다.

<STICHERA>

Verse 8: 야훼여, 깊은 구렁 속에서 당신을 부르오니, 주여, 이 부르는 소리 들어주소서.

<STICHERA>

Verse 7: 애원하는 이 소리, 귀 기울여 들으소서.

<STICHERA>

Verse 6: 야훼여, 당신께서 사람의 죄를 살피신다면, 감당할 자 누구이리까? 그러나 용서하심이 당신께 있사오니 이에 당신을 경외하리이다.

<STICHERA>

Verse 5: 나는 야훼님 믿고 또 믿어 나의 희망 그 말씀에 있사오니, 새벽을 기다리는 파수꾼보다 내 영혼이 주님을 더 기다리웁니다.

나는 야훼님 믿고 또 믿어 나의 희망 그 말씀에 있사오니, 새벽을 기다리는 파수꾼보다 내 영혼이 주님을 더 기다리웁니다.

<STICHERA>

Verse 4:

새벽을 기다리는 파수꾼처럼 이스라엘이 야훼를 기다리웁니다.

<STICHERA>

Verse 3: 인자하심이 야훼께 있고 풍요로운 속량이 그에게 있으니 그가 이스라엘을 속량하시리라. 그 모든 죄에서 구하시리라.

<STICHERA>

Verse 2: 너희 모든 백성들아, 야훼를 찬양하여라. 너희 모든 나라들아, 그를 송축하여라.

<STICHERA>

Verse 1: 그의 사랑 우리에게 뜨겁고 그의 진실하심 영원하시다. 할렐루야.

<STICHERA>

Glory be...

<Troparion to the Saint - Doxastichon>

Both now...

<Theotokion>

O Gladsome Light (화사한 빛)

("O Joyful Light" or "O Gentle Light") A hymn composed by Sophronius of Jerusalem

Reader: O Gladsome Light!

Choir: Gladsome Light of the holy glory of the immortal Father, heavenly, holy, blessed O Jesus Christ: Now that we have come to the setting of the sun, and behold the light of evening, we praise God: Father, Son, and Holy Spirit. For meet it is at all times to worship Thee with voices of praise O Son of God and Giver of Life. Therefore, all the world doth glorify Thee.

거룩하시고 영원하신 하느님 아버지의 화사한 빛이신 예수 그리스도시여, 우리는 지는 해를 향하여 석양을 보며 성부와 성자와 성신이신 하느님을 찬송하나다. 언제나 즐거운 마음으로 주님을 찬양함이 마땅하도다. 생명을 주시는 하느님 예수 그리스도시여, 그러므로 모든 세상은 주님께 영광을 바치나이다.

The Prokimenon

(Sundy Vespers Prokimenon for Saturday Evening: Tone 6: From Psalm 92).

With a priest, he Prokeimenon is read first in the altar, then repeated by the choir. But without a priest:

Reader (*chanted*): The Evening Prokimenon in the 6th Tone. The Lord is King, He is robed in majesty.

Choir (*sung*): The Lord is King, He is robed in majesty.

Reader: He hath clothed and girded himself with might. (*stichos 1*)

Choir: The Lord is King, He is robed in majesty.

Reader: He hath established the world, it shall never be moved. (*stichos 2*)

Choir: The Lord is King, He is robed in majesty.

Reader: Holiness befits Thy house, O Lord, forevermore. (*stichos 3*)

Choir: The Lord is King, He is robed in majesty.

Reader: The Lord is King,

Choir: He is robed in majesty.

Choir (*sung*): 야훼께서 위엄을 옷으로 입으시고 왕위에 오르셨다.

Reader: 야훼께서 그 위엄 위에 능력을 띠 삼아 동이셨다. (*stichos 1*)

Choir (*sung*): 야훼께서 위엄을 옷으로 입으시고 왕위에 오르셨다.

Reader: 세상을 흔들리지 않게 든든히 세우셨고. (*stichos 2*)

Choir (*sung*): 야훼께서 위엄을 옷으로 입으시고 왕위에 오르셨다.

Reader: 당신의 집에는 거룩함이 채격이오니 야훼여, 길이길이 그러하소서. (*stichos 3*)

Choir (*sung*): 야훼께서 위엄을 옷으로 입으시고 왕위에 오르셨다.

Reader: The Lord is King,

Choir: He is robed in majesty.

< Readings >

Premia ("Lessons") – appointed on eves of Great Feasts - from the Old Testament

Choir: Lord, have mercy. (3x)

[instead of the Augmented Litany]

Reader: Glory be to the Father, and to the + Son, and to the Holy Spirit, both now and ever, and unto all ages of ages.

Choir: Amen.

Choir: 주여, 불쌍히 여기소서. (3 번 반복)

Reader: 영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다.

Choir: 아멘.

Vouchsafe, O Lord

(The Evening Prayer)

Reader: Vouchsafe, O Lord, to keep us this evening without sin.

+ Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy name unto the ages of ages. Amen.

Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.

+ Blessed art Thou, O Lord, teach me Thy statutes.

+ Blessed art Thou, O Master, give me understanding of Thy statutes.

+ Blessed art Thou, O Holy One, enlighten me by Thy statutes.

O Lord, Thy mercy endureth forever; disdain not the work of Thy hands.

To Thee is due praise, to Thee is due a song, to Thee glory is due, to the Father, and to the + Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

주여, 오늘 저녁에도 우리가 죄를 짓지 않게 보호해 주소서.
영화로우신 주여, 우리 조상들의 하느님, 주님의 이름은 영원히 찬양과 영화가 있나이다.

우리가 주님께 바라는 대로 자비를 베풀어주소서.

영화로우신 주여, 나에게 주님의 의로운 길을 가르쳐 주소서.

영화로우신 주여, 나를 주님의 의로운 길로 갈 수 있게 인도해 주소서.

영화로우시고 거룩하신 이여, 나에게 주님의 의로운 빛을 비추어 주소서.

주여, 주의 자비는 영원하시오니 주의 손으로 창조하신 것을 외면하지 마소서.

Choir: Lord, have mercy. (12x)

[instead of the Litany of Fervent Supplication]

Reader: Glory be to the Father, and to the + Son, and to the Holy Spirit, both now and ever, and unto all ages of ages.

Choir: Amen.

Choir: 주여, 불쌍히 여기소서. (12 번 반복)

Reader: 영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다.

Choir: 아멘.

Troparion of the Cross

O Lord save Thy people and bless Thine inheritance, granting to the faithful victory over all adversaries and, by the power of Thy Cross, preserve Thine estate.

The priest would here offer the Prayer at the Bowing of Heads.

This would be followed by a Litiya if on Great Feasts, with a procession into the nave during the singing of the Aposticha

The Aposticha (아뽁스티하)

(the *Stikhiry na Stikhovne* and the proper Troparia)

At the Aposticha, we chant four stichera for the Resurrection from the Octoechos in Tone 6

<STICHERA>

Verse 1: The Lord is King and hath put on glorious apparel, The Lord hath put on His apparel and hath girt Himself with strength.

<STICHERA>

Verse 2: For He hath established the world so that it shall never be moved.

<STICHERA>

Verse 3: Holiness becometh Thy house, O Lord, forever.

<STICHERA>

<STICHERA>

Verse 1: 야훼께서 위엄을 옷으로 입으시고 왕위에 오르셨다. 야훼께서 그 위엄 위에 능력을 띠 삼아 동이셨다.

<STICHERA>

Verse 2: 세상을 흔들리지 않게 든든히 세우셨고,

<STICHERA>

Verse 3: 당신의 집에는 거룩함이 제격이오니 야훼여, 길이길이 그러하소서

<STICHERA>

Glory be...

<Troparion>

Both now...

<Theotokion>

The Litiya, then the blessing of the 5 loaves.

Concluding the Litiya, the Choir would sing "Blessed be the name of the Lord henceforth..."

The Prayer of St. Symeon, the God-receiver (시메온의 기도)

Now lettest Thou Thy servant depart in peace, O Master, according to Thy word, for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all peoples; a light of revelation for the Gentiles, and the glory of Thy people Israel.

주여, 이제는 말씀하신 대로 이 종은 평안히 눈감게 되었나이다. 주님의 구원을 제 눈으로 보았나이다. 만민에게 베푸신 구원을 보았나이다.

그 구원은 이방인들에게는 주의 길을 밝히는 빛이 되고 주의 백성 이스라엘에게는 영광이 되나이다.

Trisagion Prayers

+ Holy God, Holy Mighty, Holy Immortal (One),
have mercy upon us! (3x)

거룩한 하느님이시여, 거룩하고 전능하신 이여,
거룩하고 영원하신 이여, 우리를 불쌍히
여기소서. (3 번 반복)

Glory be to the Father, and to the + Son, and to the
Holy Spirit, Both now and ever, and unto all ages of
ages. Amen.

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

All-Holy Trinity, have mercy upon us. Lord,
cleans us from our sins. Master, pardon our
iniquities. O Holy One, visit and heal our infirmities
for Thy name's sake.

지극히 거룩하신 삼위일체여, 우리를 불쌍히
여기소서. 주여, 우리의 죄를 사해 주소서.
주여, 우리의 잘못을 용서해 주소서. 거룩하신
이여, 오셔서 당신의 이름으로 병들고 약한
우리를 낫게 해주소서.

Lord, have mercy. (3x)

주여, 불쌍히 여기소서. (3 번 반복)

Glory be to the Father, and to the + Son, and to the
Holy Spirit, Both now and ever, and unto all ages of
ages. Amen.

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

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 debts, as we forgive our
debtors. And lead us not into temptation, but deliver
us from the evil one. Amen.

하늘에 계신 우리 아버지, 아버지의 이름이
거룩하게 하시며, 아버지의 나라가 오게 하시며,
아버지의 뜻이 하늘에서와 같이 땅에서도
이루어지게 하소서. 오늘 우리에게 필요한
양식을 주시고 우리가 우리에게 잘못된 이들을
용서하듯이
우리의 잘못을 용서하시고 우리를 유혹에
빠지지 않게 하시고 악에서 구하소서. 아멘.

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and
save us.

Amen.

Apolytikia (찬양송 (아폴리티키온))

the proper Troparion of the Resurrection

Dismissal Tropar to the Saints of the Day (from the Menaion). Thrice if one of the 12 Feasts:

<Troparion to the Resurrection>
Glory be... <Troparion to the Saint> Both now...
<Theotokion>

Dismissal Hymns

Here the Priest would give the Final Blessing & The Great Dismissal

Choir: Establish, O God, the holy Orthodox Faith of Orthodox Christians unto the ages of ages.

+ More honorable than the Cherubim, and more glorious beyond compare than the Seraphim; Thou who without corruption gavest birth to God the Word: true Theotokos, we magnify Thee.

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

+ Lord have mercy. (3x)
 O Lord, bless.

헤루빔보다 더 고귀하시고, 세라핌 보다 더 영화로우신 성모님이여,
 동정으로 하느님이신 말씀을 참으로 낳으신 이여, 당신을 찬양하나이다.

영광이 성부와 성자와 성신께
 이제와 항상 또 영원히 있나이다. 아멘.

주여, 불쌍히 여기소서. (3 번 반복)

Reader: Thou that didst rise from the dead, O Lord Jesus Christ, Son of God,
 for the sake of the prayers of Thy most pure Mother,
 of our holy and God-bearing fathers,
 of _____ (Patron),
 of _____ (saints of the day),
 and all the saints,
 have mercy on us and save us, for Thou art good and the Lover of mankind.

Choir: Amen.

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and save us.

Amen.

Small Compline

Holy Transfiguration Monastery Prayer Book	This Prayer Book
<ul style="list-style-type: none"> • Through the Prayers • Trisagion Prayers • Through the Prayers • Mercy x 12 & Glory • O Come Let us Worship • Psalm 50 • Psalm 69 • Psalm 142 • The Little Doxology • The Creed • <May read a Canon or Akathist> • It is truly Meet • Trisagion Prayers • Through the Prayers • Troparion 	<ul style="list-style-type: none"> • Through the Prayers • Trisagion Prayers • Through the Prayers • Mercy x 12 & Glory • O Come Let us Worship • Psalm 50 • Psalm 69 • Psalm 142 • The Little Doxology • The Creed • <May read a Canon or Akathist> • It is truly Meet • Trisagion Prayers • Through the Prayers • Troparion
<ul style="list-style-type: none"> • Glory, "With the Saints Grant Rest", Both Now, Theotokion, "By the intercession of all the Saints" 	
<ul style="list-style-type: none"> • Mercy x 40 & Glory 	<ul style="list-style-type: none"> • Mercy x 40, "Thou Who at all times" & Glory
<ul style="list-style-type: none"> • More Honorable • Through the Prayers • Mercy x 12 & "Save, help, and protect us, O Virgin Theotokos" • Prayer of Paul of Evergetides • Prayer of Antiochus 	<ul style="list-style-type: none"> • More Honorable • Through the Prayers • Mercy x 12 & "Save, help, and protect us, O Virgin Theotokos" • Prayer of Paul of Evergetides • Prayer of Antiochus
<ul style="list-style-type: none"> • Kontakion to the Theotokos – "O most glorius ever-virgin" • Prayer of St. Joannichus – "My hope is the Father" • Kontakion to the Theotokos • "In Thee all creation doth rejoice" • Prayer to the Guardian Angel • "Rejoice O Virgin Theotokos: • Theotokion – "Awed by the Beauty of Thy Virginity" 	<ul style="list-style-type: none"> • Troparia/Glory, Mercy x 12 • Ten Prayers Before Sleep (including Prayer to the Guardian Angel) • 3 Kontakion to the Theotokos (including "O most glorius ever-virgin") • Hymn: "O Virgin Pure" • Prayer of St. Joannichus – "My hope is the Father" • Glory
<ul style="list-style-type: none"> • Through the Prayers 	<ul style="list-style-type: none"> • Through the Prayers

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and save us.

Amen.

The Trisagion Prayers

Glory be to Thee, O our God, glory be to Thee.

O heavenly King, Comforter, Spirit of truth, Who art in all places and fillest all things, Thou Treasury of blessings, 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 (One), have mercy upon us! (3x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all ages of ages. Amen.

All-Holy Trinity, have mercy upon us. Lord, cleanse us from our sins. Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (3x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all 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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one. Amen.

하늘의 임금이시며 위로자시여, 진리의 성령이시며 어디에나 현존하시며 온갖 것을 채워 주시는 이여, 행복과 생명을 주시는 이여, 오시어 우리 안에 머무르사 우리의 불결하게 된 모든 것을 깨끗하게 하시고, 선하신 이여, 우리 영혼을 구해 주시옵소서.

거룩한 하느님이시여, 거룩하고 전능하신 이여, 거룩하고 영원하신 이여, 우리를 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

지극히 거룩하신 삼위일체여, 우리를 불쌍히 여기소서. 주여, 우리의 죄를 사해 주소서. 주여, 우리의 잘못을 용서해 주소서. 거룩하신 이여, 오셔서 당신의 이름으로 병들고 약한 우리를 낫게 해주소서.

주여, 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

하늘에 계신 우리 아버지, 아버지의 이름이 거룩하게 하시며, 아버지의 나라가 오게 하시며, 아버지의 뜻이 하늘에서와 같이 땅에서도 이루어지게 하소서. 오늘 우리에게 필요한 양식을 주시고 우리가 우리에게 잘못된 이들을 용서하듯이 우리의 잘못을 용서하시고 우리를 유혹에 빠지지 않게 하시고 악에서 구하소서. 아멘.

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and save us.

Amen.

Lord, have mercy. (12x)

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

+ O come, let us worship 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 Christ Himself, our King and our God.

주여, 불쌍히 여기소서. (12 번 반복)

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

임금이신 우리 하느님 앞에 와서 엎드려 경배합시다.
그리스도 임금이신 우리 하느님 앞에 와서 엎드려 경배합시다.
그리스도 임금이신 우리 하느님 그의 앞에 와서 엎드려 경배합시다.

Psalm 50 (51)

A Psalm of David, when Nathan the prophet came to him, when he had gone to Bersabee.

1 Have mercy upon me, O God, according to thy great mercy; and according to the multitude of thy compassions blot out my transgression.
2 Wash me thoroughly from mine iniquity, and cleanse me from my sin.
3 For I am conscious of mine iniquity; and my sin is continually before me.
4 Against thee only have I sinned, and done evil before thee: that thou mightest be justified in thy sayings, and mightest overcome when thou art judged.
5 For, behold, I was conceived in iniquities, and in sins did my mother conceive me.
6 For, behold, thou lovest truth: thou hast manifested to me the secret and hidden things of thy wisdom.
7 Thou shalt sprinkle me with hyssop, and I shall be purified: thou shalt wash me, and I shall be made whiter than snow.
8 Thou shalt cause me to hear gladness and joy: the afflicted bones shall rejoice.
9 Turn away thy face from my sins, and blot out all mine iniquities.
10 Create in me a clean heart, O God; and renew a right spirit in my inward parts.
11 Cast me not away from thy presence; and remove not thy holy Spirit from me.
12 Restore to me the joy of thy salvation: establish me with thy directing Spirit.

1. 하느님, 선한 이여, 나를 불쌍히 여기소서. 어지신 분이여, 내 죄를 없애주소서.
2. 허물을 말끔히 씻어주시고 잘못을 깨끗이 없애주소서.
3. 내 죄 내가 알고 있사오며 내 잘못 항상 눈앞에 아른거립니다.
4. 당신께, 오로지 당신께만 죄를 얻은 몸, 당신 눈에 거슬리는 일을 한 이 몸, 벌을 내리신들 할 말이 있으리이까? 당신께서 내리신 선고 천번 만번 옳사옵니다.
5. 이 몸은 죄 중에 태어났고, 모태에 있을 때부터 이미 죄인이었습니다.
6. 그러나 당신은 마음속의 진실을 기뻐하시니 지혜의 심오함을 나에게 가르쳐주소서.
7. 정화수를 나에게 뿌리소서, 이 몸이 깨끗해지리이다. 나를 씻어주소서, 눈보다 더 희게 되리이다.
8. 기쁨과 즐거움의 소리를 들려주소서. 꺾여진 내 뼈들이 춤을 추리이다.
9. 당신의 눈을 나의 죄에서 돌리시고 내 모든 허물을 없애주소서.
10. 하느님, 깨끗한 마음을 새로 지어주시고 깨끗한 뜻을 새로 세워주소서.
11. 당신 앞에서 나를 쫓아내지 마시고

13 *Then* will I teach transgressors thy ways; and ungodly men shall turn to thee.
 14 Deliver me from blood-guiltiness, O God, the God of my salvation: *and* my tongue shall joyfully declare thy righteousness.
 15 O Lord, thou shalt open my lips; and my mouth shall declare thy praise.
 16 For if thou desiredst sacrifice, I would have given *it*: thou wilt not take pleasure in whole-burnt-offerings.
 17 Sacrifice to God is a broken spirit: a broken and humbled heart God will not despise.
 18 Do good, O Lord, to Sion in thy good pleasure; and let the walls of Jerusalem be built.
 19 Then shalt thou be pleased with a sacrifice of righteousness, offering, and whole-burnt-sacrifices: then shall they offer calves upon thine altar.

당신의 거룩한 뜻을 거두지 마소서.
 12. 그 구원의 기쁨을 나에게 도로 주시고 변치 않는 마음 내 안에 굳혀주소서.
 13. 죄인들에게 당신의 길을 가르치리니 빗나갔던 자들이 당신께로 되돌아오리이다.
 14. 하느님, 내 구원의 하느님, 죽음의 형벌에서 이 몸을 건져주소서. 이 험로 당신의 정의를 높이 찬양하리이다.
 15. 나의 주여, 내 입술을 열어주소서. 이 입으로 주를 찬양하리이다.
 16. 당신은 제물을 즐기지 아니하시며, 번제를 드려도 받지 아니하십니다.
 17. 하느님, 내 제물은 찢어진 마음뿐, 찢어지고 터진 마음을 당신께서 알아보지 아니하시니,
 18. 어지신 마음으로 시온을 돌보시어 예루살렘 성벽을 다시 쌓게 하소서.
 19. 그 때에는 번제와 제물을 올바른 제사로 기뻐 받으시리니, 송아지를 잡아 당신 제단에 바치리이다.

Psalm 69 (70)

David's. For a Remembrance. That the Lord May Save Me,

1 Draw nigh, O God, to my help.
 2 Let them be ashamed and confounded that seek my soul: let them be turned backward and put to shame, that wish me evil.
 3 Let them that say to me, Aha, aha, be turned back and put to shame immediately.
 4 Let all that seek thee exult and be glad in thee: and let those that love thy salvation say continually, Let God be magnified.
 5 But I am poor and needy; O God, help me: thou art my helper and deliverer, O Lord, delay not.

1. 하느님, 나를 살려주소서. 야훼여, 빨리 오시어 나를 도와주소서.
 2. 이 목숨 빼앗으려고 노리는 자들, 수치와 창피를 당하게 하소서. 내 불행을 즐거워하는 자들, 물러나 망신을 당하게 하소서.
 3. 나를 보고 깔깔대던 자들, 창피를 당하고 도망치게 하소서.
 4. 그러나 하느님을 찾던 자들은 모두 당신 안에서 기쁘고 즐거울 것입니다. 당신의 도움을 바라던 자들은 항상 "하느님 높으시어라!" 찬양할 것입니다.
 5. 나는 가난하고 불쌍합니다. 하느님, 빨리 오소서. 야훼여, 더디 마소서. 나의 구원자, 나의 도움이시여.

Psalm 142 (143)

David's. When His Son Pursued Him

1 O Lord, attend to my prayer: hearken to my supplication in thy truth; hear me in thy righteousness.

2 And enter not into judgment with thy servant, for in thy sight shall no *man* living be justified.

3 For the enemy has persecuted my soul; he has brought my life down to the ground; he has made me to dwell in a dark *place*, as those that have been long dead.

4 Therefore my spirit was grieved in me; my heart was troubled within me.

5 I remembered the days of old; and I meditated on all thy doings: yea, I meditated on the works of thine hands.

6 I spread forth my hands to thee; my soul *thirsts* for thee, as a dry land. <Pause.>

7 Hear me speedily, O Lord; my spirit has failed; turn not away thy face from me, else I shall be like to them that go down to the pit.

8 Cause me to hear thy mercy in the morning; for I have hoped in thee; make known to me, O Lord, the way wherein I should walk; for I have lifted up my soul to thee.

9 Deliver me from mine enemies, O Lord; for I have fled to thee for refuge.

10 Teach me to do thy will; for thou art my God; thy good Spirit shall guide me in the straight way.

11 Thou shalt quicken me, O Lord, for thy name's sake; in thy righteousness thou shalt bring my soul out of affliction.

12 And in thy mercy thou wilt destroy mine enemies, and wilt destroy all those that afflict my soul; for I am thy servant.

1. 야훼여, 내 기도를 들어주소서. 내 애원하는 소리 들으소서. 당신은 진실하시고 의로우시니 대답하소서.
2. 이 종을 재판에 부치지 말아주소서. 살아 있는 사람치고 당신 앞에서 무죄한 자 없사옵니다.
3. 원수들이 이 몸을 따라잡아 이 목숨 땅바닥에 메어치고는 영영 죽어버린 사람처럼 어둡고 캄캄한 곳에 살게 합니다.
4. 숨결이 가쁘고 땀이 다 빠졌습니다.
5. 지난날이 눈앞에 선합니다. 당신의 은덕을 곰곰이 생각합니다. 손수 해준 신 일을 잊을 수가 없습니다.
6. 내 영혼, 마른 땅처럼 당신 그려 목말라 두 손 들어 당신께 비읍니다. (셀라)
7. 야훼여, 어서 대답해 주소서. 숨이 넘어갑니다. 나를 외면하지 마소서. 저들처럼 깊은 구렁 속에 빠져들지 않게 하소서.
8. 당신께만 의지하오니, 새벽에 주님의 고마운 말씀 들려주소서. 당신만 쳐다보는 이 몸이오니 어떻게 살지 그 길을 알려주소서.
9. 야훼여, 당신께로 피합니다. 원수의 손에서 건져주소서.
10. 당신은 나의 하느님이시오니 당신 뜻대로 사는 법 가르쳐주소서. 그 착하신 영기로 나를 인도하소서. 한 길을 가도록 인도하소서.
11. 야훼여, 당신 이름 영광되도록 나를 살려주소서. 의로우시니, 이 곤경에서 이 목숨 건져주소서.
12. 나를 사랑하시오니 이 원수들을 없애주시고 나를 억누르는 자들을 멸하소서. 이 몸은 당신의 종입니다.

The Little Doxology (대영광송)

Glory to God in the highest, and on earth, peace and good will among men.

We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory.

O Lord, heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit.

O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world; have mercy on us; Thou that takest away the sins of the world, Receive our prayer; Thou that sits at the right hand of the Father, have mercy on us. For Thou only art holy; Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.

Every night will I bless Thee, and I will praise Thy Name forever, yea, forever and ever.

Lord, thou hast been our refuge in generation and generation. I said: O Lord, have mercy on me, heal my soul, for I have sinned against Thee. O Lord, unto Thee have I fled for refuge, teach me to do Thy will, for Thou art my God. For in Thee is the fountain of life, in Thy light shall we see light. O continue Thy mercy unto them that know Thee.

Vouchsafe, O Lord, to keep us this night without sin.

+ Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy name unto the ages. Amen.

Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.

+ Blessed art Thou, O Lord, teach me Thy statutes.

+ Blessed art Thou, O Master, give me understanding of Thy statutes.

+ Blessed art Thou, O Holy One, enlighten me by Thy statutes.

O Lord, Thy mercy endureth forever; disdain not the works of Thy hands.

To Thee is due praise, to Thee is due a song, to Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

지 극히 높은 곳에서는 하나님께 영광이요, 땅에서는 평화, 사람들에게는 사랑이요,

우리는 주의 위대한 영화에 대하여 찬양하고 경배하고 영광과 감사를 드리나이다.

주여, 임금이시여, 하나님이시여, 전능하신 아버지여, 주여 외아들이시여, 예수 그리스도시여, 성신이시여,

주 하나님이시여, 주의 어린양이시여 아버지의 아들이시여, 세상의 죄를 없애시는 주여, 죄 지은 우리 모두를 불쌍히 여기소서.

아버지 오른편에 앉아 계시는 주여, 우리의 기도를 들어주시고 불쌍히 여기소서.

하느님 아버지 영광 안에 예수 그리스도 홀로 거룩하시고 홀로 주님이시도다. 아멘.

저녁마다 주님을 찬송하고 주님의 이름을 항상 대대로 영원히 찬양하나이다. 주여, 주님은 대대로 우리의 피난처가 되었나이다. 나는 말씀 드렸나이다. 주여, 나를 불쌍히 여기소서.

나는 주님에게 죄를 지었으니 내 영혼의 상처를 아물게 해 주소서. 주여, 주께로 피하나이다. 주는 나의 하느님이니 주의 뜻대로 행하도록 나를 가르쳐 주소서.

주님은 생명의 근원이고 주의 빛 속에서 우리가 빛을 보게 되겠나이다. 주님을 아는 이들에게 보다 더 오래 자비를 베푸소서. 주여, 이 밤에도 우리가 죄를 짓지 않게 보호해 주소서.

영화로우신 주여, 우리 조상들의 하느님, 주님의 이름에는 영원히 찬양과 영화가 있나이다. 우리가 주님께 바라는 대로 자비를 베풀어 주소서.

영화로우신 주여, 나에게 주님의 의로운 길을 가르쳐 주소서.

영화로우신 주여, 나를 주님의 의로운 길로 갈 수 있게 인도해 주소서.

영화로우시고, 거룩하신 이여, 나에게 주님의 의로운 빛을 비추어 주소서. 주여 주의 자비는 영원하시오니 주의 손으로 창조하신 것을 외면하지 마소서.

모든 영광과 찬미와 경배를 영원히, 성부와 성자와 성신께 드림이 마땅하나이다. 아멘.

The Creed (신앙의 신조)

I believe in one God, the Father almighty, maker of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages, Light of Light, true God of true God, begotten, not made, of one essence with the Father, by whom all things were made.

Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary and became man; and was crucified also for us under Pontius Pilate, and suffered and was buried; and the third day He rose again according to the scriptures; and ascended into heaven and sitteth at the right hand of the Father.

And He shall come again with glory to judge the living and the dead; of His kingdom there shall be no end.

And in the Holy Spirit, the Lord, the giver of life, who proceedeth from the Father, who with the Father and the Son together is worshipped and glorified, who spake by the prophets.

In one Holy Catholic and Apostolic Church; I confess one baptism for the forgiveness of sins; I look for the resurrection of the dead, and the life of the Age to come. Amen.

1. 한 분이신 하느님 아버지, 전능하시고, 하늘과 땅과 유형 무형한 만물의 창조주이신 하느님을 믿나이다.
2. 그리고 또 오직 한 분이신 주 예수 그리스도를 모든 세대에 앞서, 성부로부터 나신 하느님의 외아들이시며, 빛으로부터 나신 빛이시요, 참 하느님으로부터 나신 참 하느님으로써, 창조되지 않고 나시어, 성부와 일체이시며, 만물이 다 이 분으로 말미암아 창조되었음을 믿나이다.
3. 우리 인간을 위하여 우리 구원을 위하여 하늘에서 내려 오셔서, 성신으로, 또 동정녀 마리아에게 혈육을 취하시고, 사람이 되심을 믿으며,
4. 본디오 빌라도 시대에 우리를 위하여 고난을 받으시고 십자가에 못 박히시고 묻히심을 믿으며,
5. 성경 말씀대로 사흘만에 부활하시고,
6. 하늘에 올라 성부 오른편에 앉아 계시며,
7. 산 이와 죽은 이를 심판하러 영광 속에 다시 오시리라 믿나니, 그의 나라는 끝이 없으리이다.
8. 그리고 주님이시며, 생명을 주시는 성신을 믿나니, 성신은 성부께서 쫓아나시며, 성부와 성자와 더불어 같은 흠숭과 같은 영광을 받으시며, 예언자를 통하여 말씀하셨나이다.
9. 하나인, 거룩하고, 공변되고, 사도로부터 이어오는 교회를 믿나이다.
10. 죄를 사하는 하나의 세례를 알고 믿나이다,
11. 죽은 이들의 부활과,
12. 후세의 영생을 굳게 믿고 기다리나이다. 아멘.

[A Canon or an Akathist may be read here]

Meet it is

Meet it is in truth to bless thee, O Theotokos, who art ever blessed and all-blameless, and the Mother of our God. More honorable than the Cherubim and more glorious without compare than the Seraphim, who without corruption gavest birth to God the Word, verily Theotokos, we magnify thee. Amen.

항상 복되시고 지극히 순결하신 우리 하느님의 어머니 하느님을 낳으신 당신을 찬양함이 참으로 마땅하고 당연하나이다. 헤루빔보다 더 고귀하시고, 세라핌 보다 더 영화로우신 성모님이여, 동정으로 하느님이신 말씀을 참으로 낳으신 이여, 당신을 찬양하나이다.

Trisagion Prayers

Holy God, Holy + Mighty, Holy Immortal (One),
have mercy upon us! (3x)

거룩한 하느님이시여, 거룩하고 전능하신 이여,
거룩하고 영원하신 이여, 우리를 불쌍히
여기소서. (3 번 반복)

Glory be to the Father, and to the + Son, and to the
Holy Spirit, Both now and ever, and unto all ages of
ages. Amen.

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

All-Holy Trinity, have mercy upon us. Lord,
cleans us from our sins. Master, pardon our
iniquities. O Holy One, visit and heal our infirmities
for Thy name's sake.

지극히 거룩하신 삼위일체여, 우리를 불쌍히
여기소서. 주여, 우리의 죄를 사해 주소서.
주여, 우리의 잘못을 용서해 주소서. 거룩하신
이여, 오셔서 당신의 이름으로 병들고 약한
우리를 낫게 해주소서.

Lord, have mercy. (3x)

주여, 불쌍히 여기소서. (3 번 반복)

Glory be to the Father, and to the + Son, and to the
Holy Spirit, Both now and ever, and unto all ages of
ages. Amen.

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

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 debts, as we forgive our
debtors. And lead us not into temptation, but deliver
us from the evil one. Amen.

하늘에 계신 우리 아버지, 아버지의 이름이
거룩하게 하시며, 아버지의 나라가 오게 하시며,
아버지의 뜻이 하늘에서와 같이 땅에서도
이루어지게 하소서. 오늘 우리에게 필요한
양식을 주시고 우리가 우리에게 잘못된 이들을
용서하듯이
우리의 잘못을 용서하시고 우리를 유혹에
빠지지 않게 하시고 악에서 구하소서. 아멘.

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and
save us.

Amen.

SUN-THURS
(Eves of Mon-Fri)

O God of our fathers, Who ever dealest with us according to Thy kindness, do not withdraw Thy mercy from us, but through their intercessions guide our life in peace.

Adorned in the blood of Thy martyrs throughout all the world, as in purple and fine linen, Thy Church, through them, doth cry unto Thee, O Christ God: Send down Thy compassions upon Thy people; grant to Thy community, and to our souls great mercy.

Glory be to the Father and to the Son, and to the Holy Spirit. 영광이 성부와 성자와 성신께

With the saints give rest, O Christ, to the souls of Thy servants, where there is neither sickness, nor sorrow, nor sighing, but life everlasting.

Both now and ever, and unto all ages of ages. Amen. 이제와 항상 또 영원히 있나이다. 아멘.

Through the intercessions, O Lord, of all the saints and the Theotokos, grant us Thy peace, and have mercy on us, as Thou alone art compassionate.

FRIDAY
(The Eve of Saturday)

O Apostles, Martyrs, and Prophets, Venerable and Righteous Ones; ye that have accomplished a good labor and kept the Faith, that have boldness before the Savior; O Good Ones, intercede for us, we pray, that our souls be saved.

Glory be to the Father and to the Son, and to the Holy Spirit. 영광이 성부와 성자와 성신께

With the saints give rest, O Christ, to the souls of Thy servants, where there is neither sickness, nor sorrow, nor sighing, but life everlasting.

Both now and ever, and unto all ages of ages. Amen. 이제와 항상 또 영원히 있나이다. 아멘.

To Thee, O Lord, the Planter of creation, the world doth offer the God-bearing martyrs as the first-fruits of nature. By their intercessions preserve Thy Church, Thy commonwealth, in profound peace, through the Theotokos, O Greatly-merciful One.

SATURDAY
(The Eve of Sunday)

[Resurrectional Troparion of the Sunday Tone]

<INSERT TROPARION>

Reader: Lord, have mercy (40x)

The Prayer of the Hours

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Compass us about with Thy holy angels, that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

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

More honorable than the Cherubim, and more glorious without compare than the Seraphim, who without corruption gavest birth to God the Word, verily Theotokos, we magnify thee.

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

Reader: Lord, have mercy (12x)

주여, 불쌍히 여기소서. (40 번 반복)

그리스도 우리 하느님이시여, 주는 하늘과 땅에서 사시사철 매 시간마다 경배와 영광을 받으시는 이시며, 오래 참으시고 정다우시고 자비로우시며, 미래의 축복의 약속으로 우리 모두를 구원으로 부르시나이다.

오! 주여, 이 시간에 우리의 간청을 받아 주시고, 우리 생활을 주의 계명에 따라 지시하소서.

우리 영혼을 성화하시고, 우리 육체를 깨끗하게 하시고, 우리 생각을 바로 잡아 주시고, 우리 마음을 정화하시고, 우리를 온갖 시련과 악과 질병에서 구하소서.

주의 거룩한 천사들로 하여금 우리를 둘러싸 방패로 보호하고 이끌게 하시어, 우리로 하여금 신앙의 일치를 이루고 주님의 범접할 수 없는 영광의 지식에 온전히 통달케 하소서.

주는 영원히 찬미되시나이다. 아멘.

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

헤루빔보다 더 고귀하시고, 세라핌보다 더 영화로우신 성모님이여, 동정으로 하느님이신 말씀을 참으로 낳으신 이여, 당신을 찬양하나이다.

아멘.

주여, 불쌍히 여기소서. (12 번 반복)

+ And save and help us, All-holy Virgin.

Supplicatory Prayer to the All-holy Theotokos of Paul, Monk of the Evergetides

(성모님에게 올리는 기도)

O undefiled, untainted, uncorrupted, most pure, chaste Virgin, Thou Bride of God and Sovereign Lady, who didst unite the Word of God to mankind through thy most glorious birth giving, and hast linked the apostate nature of our race with the heavenly; who art the only hope of the hopeless, and the helper of the struggling, the ever-ready protection of them that hasten unto thee, and the refuge of all Christians: Do not shrink with loathing from me a sinner, defiled, who with polluted thoughts, words, and deeds have made myself utterly unprofitable, and through slothfulness of mind have become a slave to the pleasures of life. But as the Mother of God Who loveth mankind, show thy love for mankind and mercifully have compassion upon me a sinner and prodigal, and accept my supplication, which is offered to thee out of my defiled mouth; and making use of thy motherly boldness, entreat thy Son and our Master and Lord that He may be pleased to open for me the bowels of His lovingkindness and graciousness to mankind, and, disregarding my numberless offenses, will turn me back to repentance, and show me to be a tried worker of His precepts. And be thou ever present unto me as merciful, compassionate and well disposed; in the present life be thou a fervent intercessor and helper, repelling the assaults of adversaries and guiding me to salvation, and at the time of my departure taking care of my miserable soul, and driving far away from it the dark countenances of the evil demons; lastly, at the dreadful day of judgment delivering me from torment eternal and showing me to be an heir of the ineffable glory of thy Son and our God; all of which may I attain, O my Sovereign Lady, most holy Theotokos, in virtue of thine intercession and protection, through the grace and love to mankind of thine only begotten Son, our Lord and God and Savior, Jesus Christ, to Whom is due all glory, honor and worship, together with His unoriginate Father, and His Most Holy and good and life creating Spirit, now and ever, and unto ages of ages. Amen.

오! 성모여, 하느님의 다리시여, 흠없고 청렴하고 더 없이 순결하며 결백한 동정녀시여, 당신은 경이로운 수태로 하느님이신 말씀의 인류와 결합시키시고 우리의 타락한 본성을 천상 사물과 맺어 주셨나이다.

희망없는 이들의 유일한 희망이요, 침해당하는 이들의 원군이시며, 당신께로 피하는 이들을 신속히 보호하시는 이시며 모든 그리스도인들의 피난처이시여, 내가 비록 부끄러운 생각과 말과 행위로 쓸모없음이 판명되고 나태로 인해서 현세 육정의 종이 되었사오니 나를 저주받은 죄인으로 내치지 마소서.

자애로우신 하느님의 어머니이시니, 죄인이요 탕아인 나를 따뜻히 동정하시고 비록 깨끗치 못한 입술로 바치는 기도이나마 받아주소서.

어머니의 자격으로, 우리 주님이시요 스승이신 당신의 아들에게 청하시어 그분으로 하여금 내게 선과 자비를 내리셔서 내 무수한 죄과를 눈감아 주시고 나를 회개하게 하시며 그분의 계명들을 정성껏 실천하는 자로 만드시게 하소서.

당신은 자비로우시고 인정 많으시고 온유하시니 항상 내 곁에 계셔 주소서. 현세에서는 심심한 원조와 보호로 원수들의 공격에서 나를 지켜 주시고 구원으로 이끌어 주시며, 내 죽음의 시간에는 내 불쌍한 영혼을 보살펴 주시고 악마들의 암울한 환상에서 멀리 떼어놓아 주시며, 두려운 심판의 날에는 영원한 지옥의 벌을 면하게 해 주시고 당신 아들 우리 하느님의 비길데 없는 영광의 상속자가 되게 하소서.

오! 성모여, 지극히 거룩하신 테오토코스여, 당신의 중보와 보호로, 그리고 우리 주님이시요 하느님이시며 구세주 예수 그리스도이신 당신의 외아들의 은총과 자비로 이루어지게 해주소서.

영원하신 성부와 지극히 거룩하시고 의로우시며 생명을 주시는 성신과 함께, 그분께 이제와 항상 또 영원히 모든 영광과 영화와 찬미가 있으리이다. 아멘.

A prayer to our Lord Jesus Christ, by Antiochus the monk (주 예수 그리스도에게 올리는 기도)

And grant unto us, O Master, in the coming sleep, rest for body and soul, and preserve us from the gloomy slumber of sin, and from every dark and nocturnal sensuality. Subdue the impulses of passions, extinguish the fiery darts of the evil one that are cunningly hurled against us, assuage the rebellions of our flesh, and every earthly and fleshly subtlety of ours lull to sleep. And grant unto us, O God, a watchful mind, chaste thought, a sober heart, a sleep gentle and free from every satanic illusion. Raise us up at the time of prayer firmly grounded in Thy judgments. All the night long grant us a doxology, that we may hymn and bless and glorify Thy most honorable and majestic name: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen.

오! 스승이시여, 우리가 잠자리에 들 때, 영혼과 육신의 안식을 주시고, 암울한 죄의 잠과 온갖 어두운 밤의 쾌락에서 우리를 지켜 주소서.

육정의 충동을 가라앉히시고 우리에게 위태롭게 날아드는 격렬한 악의 창살을 꺾어 주소서. 육체의 동요를 억제해 주시고 모든 악에 속하는 세속적인 생각들을 진정시켜 주소서.

오! 하느님이시여, 우리에게 신중한 정신과 분별있는 이성과 경계하는 마음을 주시어 온갖 사악한 상상에서 벗어나 평온히 잠들게 하소서. 그리고 기도 시간에 우리를 일으키시어 주님의 정의를 되새기게 하소서.

밤새 주님의 영화를 보이시어 우리로 하여금 성부와 성자와 성신의 지극히 영화롭고 위대한 이름을 이제와 항상 또 영원히 찬미하고 찬양하게 하소서. 아멘.

Troparia of the 6th Tone

Have mercy on us, O Lord, have mercy on us, for devoid of all defense, we sinners offer unto thee as Master this prayer: Have mercy on us.

Glory be to the Father, and to the + Son, and to the Holy Spirit. 영광이 성부와 성자와 성신께

Lord, have mercy on us, for in thee have we hoped; be not very wroth with us, neither remember our transgressions, but look down now upon us, since thou art tenderhearted, and deliver us from our enemies. For thou art our God, and we are thy people; we are all the works of thy hands, and we call upon thy name.

Both now and ever, and unto all ages of ages. Amen. 이제와 항상 또 영원히 있나이다. 아멘.

Open unto us the door of thy tender-heartedness, O blessed Theotokos; in that we have hoped in thee, may we not perish, but through thee be delivered from adversities, for thou art the salvation of the generation of Christians.

Reader: Lord, have mercy (12x) 주여, 불쌍히 여기소서. (12 번 반복)

Ten Prayers Before Sleep

Prayer 1, of St. Macarius the Great, to God the Father

O Eternal God and King of all creation, who hast granted me to reach this hour, forgive me the sins that I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O lord, to pass the sleep of this night in peace, that when I rise from my bed I may please thy most holy name all the days of my life, and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain thoughts and evil desires which defile me.

For thine is the kingdom, and the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

Prayer2, of St Antioch, to our Lord Jesus Christ

O Almighty Word of the Father, O Jesus Christ, who art thyself perfect, never in thy great mercy leave me, but ever abide in me, thy servant. O Jesus, good Shepherd of thy sheep, deliver me not to the rebelliousness of the serpent, and leave me not to the will of satan, for the seed of corruption is in me. Do thou, O adorable Lord God, Holy King, Jesus Christ, preserve me as I sleep with thy never-waning light; with thy Holy Spirit, by whom thou didst sanctify thy disciples.

Grant, O Lord, even unto me, thine unworthy servant, thy salvation upon my bed. Enlighten my mind with the light of the understanding of thy holy Gospel. Enlighten my soul with the love of thy Cross. Enlighten my heart with the purity of thy Word. Enlighten my body with thy passionless Passion. Keep my thoughts in thy humility, and raise me up in good time to glorify thee, for thou art exceeding glorified, with thy Father which hath no beginning, and thy most Holy Spirit for ever. Amen.

Prayer 3, to the Most Holy Spirit

O Lord, Heavenly King, Comforter, Spirit of Truth, have compassion and mercy on me, thy sinful servant, and pardon me, who am unworthy, and forgive everything in which I have sinned against thee this day as a man, moreover not as a man, but even worse than cattle, my sins voluntary and involuntary, in knowledge and in ignorance: those which are from youth, and from evil suggestions, and those which are from my brazenness and from boredom.

If I have sworn by thy name, or blasphemed it in thought, blamed or reproached anyone, or in my anger have detracted or slandered anyone, or grieved anyone, or if I have become angry about anything, or have told lies, if I have slept unnecessarily, or if a beggar hath come to me and I despised or neglected him, or if I have troubled my brother or quarreled with him, or if I have condemned anyone, or have boasted, or have been proud, or lost my temper with anyone, or if when standing in prayer my mind has been distracted by the glamour of this world, or if I have had depraved thoughts or have over-eaten, or have drunk excessively, or have laughed frivolously, or have thought evil, or have seen the attraction of someone and have been wounded by it in my heart, or said indecent things, or made fun of my brother's sin when mine own faults are countless, or been neglectful of prayer, or have done some other wrong that I cannot remember, for I have done all this and much more.

Have mercy, O my Creator and Master, on me thine unworthy servant, and absolve and forgive and deliver me in thy goodness and love of man, so that, lustful, sinful, and wretched as I am, I may lie down and sleep and rest in peace; and that I may worship, and praise, and glorify thy most honorable name, with the Father, and his only-begotten Son, now and ever, and unto the ages. Amen.

Prayer 4, of Saint Macarius the Great

What shall I offer unto thee? or what shall I render to thee, O greatly bountiful, immortal King, O Lord, who art generous in mercy and lovest mankind? For thou hast brought me, who am lazy in thy service and have done nothing that is good, to the end of this day that is past, bringing about the conversion and salvation of my soul. Be merciful to me a sinner, devoid of any good deed; restore my fallen soul, made corrupt in boundless transgressions. And take from me all the evil designs of this visible life; forgive my transgressions, O only sinless One, in which I have sinned against thee this day in knowledge and ignorance, by word and deed and thought, and by all my senses. Do thou, in protecting me, keep me from every misfortune by thy divine power, by thine inexpressible love of man, and by thy might. Cleanse, O God, cleanse away the multitude of my sins. Kindly will, O Lord, to deliver me from the net of evil, and save my passionate soul, and encompass me with the light of thy countenance when thou comest in glory.

And now make me to fall asleep uncondemned, without dreaming, and keep the thoughts of thy servant undisturbed, and drive away from me all of satan's actions; and enlighten the spiritual eyes of my heart, that I might not fall asleep unto death. And send me an angel of peace, a protector and guide for my soul and body, that he may deliver me from mine enemies, that arising from my bed I may offer unto thee prayers of thanksgiving. Yea, O Lord, hear me a sinner and thy pitiful servant, in thy will and concern.

Grant me upon rising to study thy words, and by thine angels drive far away from me demonic despondency, that I may bless thy holy name, and praise and glorify the most

pure Theotokos Mary, whom thou hast given to us sinners as an intercessor, and receive her as she prayeth for us. For I know that she imitateth thy love of man, and doth not cease in prayers.

Through her intercession, and by the sign of the precious Cross, and for the sake of all thy Saints, watch over my pitiful soul, O Jesus Christ our God, for thou art holy, and most glorified unto the ages. Amen.

Prayer 5

O Lord our God, in whatsoever I have sinned this day by word, deed or thought, as thou art good and lovest man, forgive me. Grant me peaceful and quiet sleep. Send thy guardian angel to protect and keep me from every evil, for thou art the Protector of our souls and bodies, and unto thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Prayer 6

O Lord our God, in whom we have believed, and whose name we call upon above all others, grant us as we go forth to sleep rest for our souls and bodies, and keep us from every fantasy, and moreover, from every dark passion. Stop the rushing of passions, and extinguish the fire of our bodies' rebellions. Grant us to live chastely in word and deed, that accepting a life of good deeds and charity, we may not fall away from thy promised good things, for thou art blessed unto the ages. Amen.

Prayer 7, of Saint John Chrysostom

(Prayers of supplication corresponding to the twenty-four hours of the day)

Of the day:

O Lord, deprive me not of thy heavenly blessings. O Lord, deliver me from eternal torments.

O Lord, whether I have sinned in my mind, thoughts, by word or deed, forgive me.

O deliver me from all ignorance and forgetfulness, from cowardice and cold insensitivity.

O Lord, deliver me from every temptation. O Lord, enlighten my heart, which is darkened by evil desire.

O Lord, I have sinned as a man, but thee, as the generous God, have mercy on me, beholding the infirmity of my soul.

O Lord, send thy grace unto my help, that I may glorify thy holy name.

O Lord Jesus Christ, inscribe me, thy servant, in the book of life, and grant me a blessed end to my life.

O Lord my God, even if I have done nothing good before thee, grant me, in thy grace, to make a good beginning.

O Lord, sprinkle my heart the dew of thy grace.

O Lord of heaven and earth, remember me, thy sinful servant, accursed and impure, in thy kingdom. Amen.

Of the night:

O Lord, accept me who repenteth. O Lord, do not abandon me. O Lord, lead me not into misfortune. O Lord, grant me good thoughts. O Lord, grant me tears, and remembrance of death, and compunction. O Lord, grant me the thought of confessing my sins. O Lord, grant me humility, chastity and obedience. O Lord, grant me patience, magnanimity and meekness. O Lord, plant in me the root of blessings, thy fear in my heart. O Lord, enable me to love thee with all my soul, and thought, and in all things to do thy will. O Lord, protect me from certain men, and demons, and passions, and from every unseemly thing. O Lord, thou knowest that thou doest as thou dost will; let thy will also be in me a sinner, for thou art blessed unto the ages. Amen.

Prayer 8, to our Lord Jesus Christ

O Lord Jesus Christ, the Son of God, for the sake of thy most honorable Mother, of thy bodiless Angels, of thy Prophet and Forerunner and Baptizer, of thy well-speaking Apostles, of the radiant and right-victorious Martyrs, of the venerable and God-bearing Fathers, and through the prayers of all the Saints, deliver me from this present demonic condition.

Yea, O my Lord and Creator, who dost not desire the death of a sinner, but rather that he should be converted and live, grant conversion to me also, who am accursed and unworthy. Snatch me from the lips of the destructive serpent, who is ravening to devour me and drag me down to hell alive.

Yea, O my Lord, my Comfort, who wast robed in corruptible flesh for the sake of me, who am accursed, tear me away from damnation, and grant comfort to mine accursed soul. Implant in my heart the desire to do thy commands, to forsake evil acts, and to receive thy blessings.

Save me, O Lord, for in thee have I hoped.

Prayer 9

O Good Mother of the Good King, most pure and blessed Theotokos Mary, pour out the mercies of thy Son and our God on my passionate soul, and by the prayers guide me to good works, that I may pass the rest of my life without defilement, and that I may obtain paradise through thee, O Theotokos Virgin, who alone art pure and blessed.

Prayer 10, to the holy Guardian Angel

O Angel of Christ, my holy Guardian, and Protector of my soul and body, forgive me everything in which I have sinned this day, and deliver me from the repugnant wiles of the enemy, that in no manner of sin may I anger my God. Instead pray for me a sinner and an unworthy servant, that thou mayest reveal me to be worthy of the blessings and mercies of the All-holy Trinity, and of the Mother of my Lord Jesus Christ, and of all the Saints. Amen.

Kontakion to the Theotokos

O Victorious leader of triumphant hosts, as thou hast delivered us from evil, we thy servants offer thee hymns of thanksgiving, O Theotokos; but now as thou has might invincible, free us from every misfortune, that we may call out to thee: Rejoice, O unwedded Bride.

O most glorious ever-virgin Mother of Christ God, offer our prayers unto thy Son and our God, that He may, through thee, save our souls. All my hope I place on thee, O Mother of God; keep me beneath thy shelter.

지극히 영화로우시고 평생 동정녀이시며 복되신 테오토코스여, 우리의 기도를 당신 아들 우리 하느님께 전하사 당신을 통하여 우리 영혼을 구하시도록 빌어 주소서.

O Theotokos Virgin, do not despise me a sinner, that seeketh thy help and thine intercession; for my soul hath hoped in thee, and have mercy on me.

O Virgin Pure by St. Nectarios

Plagal First Tone (Tone 5)

Refrain: O Rejoice, Bride Unwedded

O Virgin pure, immaculate: O Lady Theotokos
O Virgin Mother, Queen of all and dewy fleece refreshing
More radiant than the rays of sun and higher than the heavens
O joy of Virgins choruses: superior to the Angels
More brilliant than the heavens: much purer than the sun's light
More holy than the multitude of all the heavenly armies

O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded

O ever-Virgin Mary, of all the world, the Lady
O Bride all-pure, immaculate: O Lady Panagia
O Mary Bride and Queen of all, our cause of jubilation
O Maiden modest Queen of all: O our most holy Mother
More honorable than Cherubim: the one who is most glorious
Superior to angelic thrones and bodiless Seraphim

O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded

Rejoice, O song of Cherubim: Rejoice O hymn of angels
Rejoice, O ode of Seraphim: the joy of archangels
Rejoice, O peace and happiness and harbor of salvation
O sacred chamber of the Word: O bud of incorruption
Rejoice delightful paradise of blessed life eternal
Rejoice, O wood and tree of life: O font of immortality

O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded

I supplicate you, Lady: I now appeal to you
And beseech you, Queen of all: I ask of you your grace
O modest maiden spotless: O Lady Panagia
I call upon you fervently: O blessed, hallowed temple
Assist me and deliver me protect me from the enemy
And make me an inheritor of blessed life eternal

O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded
O Rejoice, Bride Unwedded

The Prayer of St. Joannicius

My hope is the Father, my refuge is the Son, my protection is the Holy Spirit: O Holy Trinity, glory to Thee.

성부는 내 희망, 성자는 내 피난처, 성신은 내 보호자,
오! 성삼위시여, 영광이 있으리이다.

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

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and save us.

Amen.

THE THIRD HOUR

3 rd Hour	
Hapgood	This Prayer Book
Opening Prayers <ul style="list-style-type: none"> • <i>Thru the Prayers of our Holy Fathers</i> • Trisagion Prayers • Lord have Mercy x 12 & Glory...Both Now • <i>Come Let us Worship God our King</i> Three Psalms <ul style="list-style-type: none"> • Psalm 16 • Psalm 24 • Psalm 50 <ul style="list-style-type: none"> • Glory...Both Now, Alleluias • Lord have Mercy x 3 • Troparion of the Day Theotokion of the Hour <ul style="list-style-type: none"> • <i>O Theotokos, Thou art the True Vine</i> • <i>Blessed be the Lord God</i> • Trisagion Prayers & Our Father • Kontakion of the day's saint or feast. • "Lord have mercy" (40x) • Prayer of the Hours: "Thou Who at all times..." • Lord have Mercy x 3 & Glory...Both Now • <i>More Honorable than the Cherubim</i> • <i>Thru the Prayers of our Holy Fathers</i> Dismissal Prayer <ul style="list-style-type: none"> • Prayer of St. Macarius 	Opening Prayers <ul style="list-style-type: none"> • <i>Thru the Prayers of our Holy Fathers</i> • Trisagion Prayers • Lord have Mercy x 12 & Glory...Both Now • <i>Come Let us Worship God our King</i> Three Psalms <ul style="list-style-type: none"> • Psalm 16 • Psalm 24 • Psalm 50 <ul style="list-style-type: none"> • Glory...Both Now, Alleluias • Lord have Mercy x 3 • Troparion of the Day Theotokion of the Hour <ul style="list-style-type: none"> • <i>O Theotokos, Thou art the True Vine</i> • <i>Blessed be the Lord God</i> • Trisagion Prayers & Our Father • Kontakion of the day's saint or feast. • "Lord have mercy" (40x) • Prayer of the Hours: "Thou Who at all times..." • Lord have Mercy x 3 & Glory...Both Now • <i>More Honorable than the Cherubim</i> • <i>Thru the Prayers of Our Holy Fathers</i> Dismissal Prayer <ul style="list-style-type: none"> • Prayer of St. Macarius

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and save us.

Amen.

The Trisagion Prayers

Glory be to Thee, O our God, glory be to Thee.

O heavenly King, Comforter, Spirit of truth, Who art in all places and fillest all things, Thou Treasury of blessings, 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 (One), have mercy upon us! (3x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all ages of ages. Amen.

All-Holy Trinity, have mercy upon us. Lord, cleanse us from our sins. Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (3x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all 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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one. Amen.

Lord, have mercy (12x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all ages of ages. Amen.

하늘의 임금이시며 위로자시여, 진리의 성령이시며 어디에나 현존하시며 온갖 것을 채워 주시는 이여, 행복과 생명을 주시는 이여, 오시어 우리 안에 머무르사 우리의 불결하게 된 모든 것을 깨끗하게 하시고, 선하신 이여, 우리 영혼을 구해 주시옵소서.

거룩한 하느님이시여, 거룩하고 전능하신 이여, 거룩하고 영원하신 이여, 우리를 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

지극히 거룩하신 삼위일체여, 우리를 불쌍히 여기소서. 주여, 우리의 죄를 사해 주소서. 주여, 우리의 잘못을 용서해 주소서. 거룩하신 이여, 오셔서 당신의 이름으로 병들고 약한 우리를 낫게 해주소서.

주여, 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

하늘에 계신 우리 아버지, 아버지의 이름이 거룩하게 하시며, 아버지의 나라가 오게 하시며, 아버지의 뜻이 하늘에서와 같이 땅에서도 이루어지게 하소서. 오늘 우리에게 필요한 양식을 주시고 우리가 우리에게 잘못된 이들을 용서하듯이 우리의 잘못을 용서하시고 우리를 유혹에 빠지지 않게 하시고 악에서 구하소서. 아멘.

주여, 불쌍히 여기소서. (12 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

+ Come, let us worship God our King!
 + Come, let us worship and fall down before Christ,
 our King and our God!
 + Come, let us worship and fall down before Christ
 Himself, our King and our God!

임금이신 우리 하느님 앞에 와서 엎드려 경배합시다.
 그리스도 임금이신 우리 하느님 앞에 와서 엎드려 경배합시다.
 그리스도 임금이신 우리 하느님 그의 앞에 와서 엎드려 경배
 합시다.

Psalm 16 (17)

1 Hearken, O Lord of my righteousness,
 attend to my petition; give ear to my prayer
 not *uttered* with deceitful lips.
 2 Let my judgment come forth from thy
 presence; let mine eyes behold
 righteousness.
 3 Thou has proved mine heart; thou hast
 visited *me* by night; thou hast tried me as
 with fire, and unrighteousness has not been
 found in me: *I am purposed* that my mouth
 shall not speak *amiss*.
 4 As for the works of men, by the words of
 thy lips I have guarded *myself from hard*
ways.
 5 Direct my steps in thy paths, that my
 steps slip not.
 6 I have cried, for thou heardest me, O
 God: incline thine ear to me, and hearken to
 my words.
 7 Shew the marvels of thy mercies, thou
 that savest them that hope in thee.
 8 Keep me as the apple of the eye from
 those that resist thy right hand: thou shalt
 screen me by the covering of thy wings,
 9 from the face of the ungodly that have
 afflicted me: mine enemies have compassed
 about my soul.
 10 They have enclosed *themselves with*
their own fat: their mouth has spoken pride.
 11 They have now cast me out and
 compassed me round about: they have set
 their eyes *so as to bow them down to the*
ground.
 12 They laid wait for me as a lion ready for
 prey, and like a lion's whelp dwelling in
 secret *places*.
 13 Arise, O Lord, prevent them, and cast
 them down: deliver my soul from the
 ungodly: *draw thy sword*,
 14 because of the enemies of thine hand: O
 Lord, destroy them from the earth; scatter

1. 이 몸의 죄없음을 밝혀주소서. 야훼여,
 들으소서. 이토록 울부짖는 소리 모르는
 체 마옵소서. 이 애원하는 소리에 귀를
 기울이소서. 이 입술은 거짓을
 모르옵니다.
2. "너는 죄없다." 판결하소서. 당신의 눈은
 결백한 사람을 알아보십니다.
3. 내 마음을 살살이 뒤져보시고 밤새도록
 심문하고 불에 달구어 걸러보셔도 무엇
 하나 나쁜 것이 내 입에서
 나왔사옵니까?
4. 남들이야 무얼 하든지 이 몸은 당신의
 말씀에 따라
5. 그 험한 길을 꾸준히 걸었사옵니다.
 가르쳐주신 길을 벗어난 적이
 없사옵니다.
6. 나는 당신을 부릅니다. 하느님, 대답해
 주시리라 믿사옵니다. 귀를 기울이시어
 나의 말을 들어주소서.
7. 한결같은 그 사랑을 베풀어주소서.
 당신께로 피하오니 오른손으로
 잡으시어 나를 치는 자들의 손에서
 건져주소서.
8. 당신의 눈동자처럼, 이 몸 고이 간수해
 주시고 당신의 날개 그늘 아래
 숨겨주소서.
9. 이 몸을 짓밟는 악인들에게서
 지켜주소서. 원수들은 미친 듯 달려들어
 나를 에워싸고 있사옵니다.
10. 그들의 심장은 기름기로 굳어졌고
 그들의 입은 오만불손합니다.
11. 달려들어 이 몸을 에워싸고는 땅에다
 메어치려 노려보고 있습니다.
12. 먹이에 굶주린 사자와도 같고 숨어서
 노려보는 새끼 사자와도 같습니다.

them in their life, though their belly has been filled with thy hidden *treasures*: they have been satisfied with uncleanness, and have left the remnant *of their possessions* to their babes.

15 But I shall appear in righteousness before thy face: I shall be satisfied when thy glory appears.

13. 야훼여! 일어나소서, 악인들 맞받아 때려 누이시고 칼로써 끝장내어 이 목숨 구하소서.
14. 야훼여! 손을 펴소서. 홍청거리며 사는 자들의 손에서 이 몸을 구하소서. 저들이 당신의 공간에서 배를 채우고 그 자식들도 배 터지게 먹고 남아 또 그 어린것들에게 물려주게 하시렵니까?
15. 나는 떳떳하게 당신 얼굴을 뵈오리이다. 이 밤이 새어 당신을 뵈는 일, 이 몸은 그것만으로 만족합니다.

Psalm 24 (25)

1 To thee, O Lord, have I lifted up my soul.
 2 O my God, I have trusted in thee: let me not be confounded, neither let mine enemies laugh me to scorn.
 3 For none of them that wait on thee shall in any wise be ashamed: let them be ashamed that transgress without cause.
 4 Shew me thy ways, O Lord; and teach me thy paths.
 5 Lead me in thy truth, and teach me: for thou art God my Saviour: and I have waited on thee all the day.
 6 Remember thy compassions, O Lord, and thy mercies, for they are from everlasting.
 7 Remember not the sins of my youth, nor *my sins* of ignorance: remember me according to thy mercy, for thy goodness' sake, O Lord.
 8 Good and upright is the Lord: therefore will he instruct sinners in *the* way.
 9 The meek will he guide in judgment: the meek will he teach his ways.
 10 All the ways of the Lord are mercy and truth to them that seek his covenant and his testimonies.
 11 For thy name's sake, O Lord, do thou also be merciful to my sin; for it is great. 12 Who is the man that fears the Lord? he shall instruct him in the way which he has chosen.
 13 His soul shall dwell in prosperity; and his seed shall inherit the earth.
 14 The Lord is the strength of them that

1. 야훼여, 내 영혼이 당신을 우러러 뵈옵니다.
2. 나의 하느님, 당신만을 믿사오니, 부끄러운 꼴 당하지 않게 하시고 원수들이 으스대는 꼴 보지 않게 하소서.
3. 당신만을 믿고 바라면 망신을 당하지 않으나, 당신을 함부로 배신하는 자 수치를 당하리이다.
4. 야훼여, 당신의 길을 가리켜주시고 어떻게 살아야 할지 가르쳐주소서.
5. 당신만이 나를 구해 주실 하느님이시오니 당신의 진리 따라 나를 인도하시고 가르치소서. 날마다 당신의 도움만을 기다립니다.
6. 야훼여, 당신의 자비와 한결같으신 옛 사랑을 기억하시고
7. 젊어서 저지른 나의 잘못과 죄를 잊어주소서. 야훼여, 어지신 분이여, 자비하신 마음으로 나를 생각하소서.
8. 야훼여, 당신은 바르고 어지시기에 죄인들에게 길을 가르치시고
9. 겸손한 자 옳은 길로 인도하시며 그들에게 당신의 길을 가르치십니다.
10. 당신의 계약과 계명을 지키는 자에게는 당신의 모든 길이 사랑이며 진리입니다.
11. 야훼여, 내가 지은 죄 크고 크오나, 당신 이름 믿사오니 용서하소서.
12. 야훼를 경외하는 자가 누구냐? 바른 길을

fear him; and his covenant is to manifest *truth* to them.

15 Mine eyes are continually to the Lord; for he shall draw my feet out of the snare. 16 Look upon me, and have mercy upon me; for I am an only child and poor.

17 The afflictions of my heart have been multiplied; deliver me from my distresses.

18 Look upon mine affliction and my trouble; and forgive all my sins.

19 Look upon mine enemies; for they have been multiplied; and they have hated me with unjust hatred.

20 Keep my soul, and deliver me: let me not be ashamed; for I have hoped in thee.

21 The harmless and upright joined themselves to me: for I waited for thee, O Lord.

22 Deliver Israel, O God, out of all his afflictions.

그에게 가르쳐주시리라.

13. 행복하게 한세상 살게 하시고, 후손 또한 유산을 물려받게 하시리라.

14. 당신을 경외하는 사람에게는 당신의 생각을 털어놓으시고 당신의 계약을 가르쳐주시리라.

15. 야훼 홀로 이 발을 올무에서 벗겨주시기에 나는 언제나 야훼만을 바라봅니다.

16. 나를 굽어보시고 불쌍히 여기소서. 외롭고 괴로운 이 몸입니다.

17. 나의 근심을 말끔히 씻어주시고 곤경에서 이 몸을 건져주소서.

18. 나를 굽어보소서. 고통받고 불쌍한 이 몸입니다. 나의 죄를 말끔히 씻어주소서.

19. 보소서. 나의 원수들이 얼마나 많사옵니까? 미워서 잡아먹을 듯 달려드는 저들입니다.

20. 이 목숨을 지켜주소서, 건져주소서. 당신의 품속에 달려드오니, 수치를 당하지 않게 하소서.

21. 야훼여, 당신만을 바라보는 이 몸이오니, 지켜주시어 올바르게 흠없이 살게 하소서.

22. 하느님, 그 온갖 고초에서 이스라엘을 지켜주소서.

Psalm 50 (51)

A Psalm of David, when Nathan the prophet came to him, when he had gone to Bersabee.

1 Have mercy upon me, O God, according to thy great mercy; and according to the multitude of thy compassions blot out my transgression.

2 Wash me thoroughly from mine iniquity, and cleanse me from my sin.

3 For I am conscious of mine iniquity; and my sin is continually before me.

4 Against thee only have I sinned, and done evil before thee: that thou mightest be justified in thy sayings, and mightest overcome when thou art judged.

5 For, behold, I was conceived in iniquities, and in sins did my mother conceive me.

6 For, behold, thou lovest truth: thou hast

1. 하느님, 선한 이여, 나를 불쌍히 여기소서. 어지신 분이여, 내 죄를 없애주소서.

2. 허물을 말끔히 씻어주시고 잘못을 깨끗이 없애주소서.

3. 내 죄 내가 알고 있사오며 내 잘못 항상 눈앞에 아른거립니다.

4. 당신께, 오로지 당신께만 죄를 얻은 몸, 당신 눈에 거슬리는 일을 한 이 몸, 벌을 내리신들 할 말이 있으리이까? 당신께서 내리신 선고 천번 만번 옳사옵니다.

5. 이 몸은 죄 중에 태어났고, 모태에 있을 때부터 이미 죄인이었습니다.

manifested to me the secret and hidden things of thy wisdom.

7 Thou shalt sprinkle me with hyssop, and I shall be purified: thou shalt wash me, and I shall be made whiter than snow.

8 Thou shalt cause me to hear gladness and joy: the afflicted bones shall rejoice.

9 Turn away thy face from my sins, and blot out all mine iniquities.

10 Create in me a clean heart, O God; and renew a right spirit in my inward parts.

11 Cast me not away from thy presence; and remove not thy holy Spirit from me.

12 Restore to me the joy of thy salvation: establish me with thy directing Spirit.

13 *Then* will I teach transgressors thy ways; and ungodly men shall turn to thee.

14 Deliver me from blood-guiltiness, O God, the God of my salvation: *and* my tongue shall joyfully declare thy righteousness.

15 O Lord, thou shalt open my lips; and my mouth shall declare thy praise.

16 For if thou desiredst sacrifice, I would have given *it*: thou wilt not take pleasure in whole-burnt-offerings.

17 Sacrifice to God is a broken spirit: a broken and humbled heart God will not despise.

18 Do good, O Lord, to Sion in thy good pleasure; and let the walls of Jerusalem be built.

19 Then shalt thou be pleased with a sacrifice of righteousness, offering, and whole-burnt-sacrifices: then shall they offer calves upon thine altar.

6. 그러나 당신은 마음속의 진실을 기뻐하시니 지혜의 심오함을 나에게 가르쳐주소서.
7. 정화수를 나에게 뿌리소서, 이 몸이 깨끗해지리이다. 나를 씻어주소서, 눈보다 더 희게 되리이다.
8. 기쁨과 즐거움의 소리를 들려주소서. 꺾여진 내 뼈들이 춤을 추리이다.
9. 당신의 눈을 나의 죄에서 돌리시고 내 모든 허물을 없애주소서.
10. 하느님, 깨끗한 마음을 새로 지어주시고 깨끗한 뜻을 새로 세워주소서.
11. 당신 앞에서 나를 쫓아내지 마시고 당신의 거룩한 뜻을 거두지 마소서.
12. 그 구원의 기쁨을 나에게 도로 주시고 변치 않는 마음 내 안에 굳혀주소서.
13. 죄인들에게 당신의 길을 가르치리니 빛나갔던 자들이 당신께로 되돌아오리이다.
14. 하느님, 내 구원의 하느님, 죽음의 형벌에서 이 몸을 건져주소서. 이 험로 당신의 정의를 높이 찬양하리이다.
15. 나의 주여, 내 입술을 열어주소서. 이 입으로 주를 찬양하리이다.
16. 당신은 제물을 즐기지 아니하시며, 번제를 드려도 받지 아니하십니다.
17. 하느님, 내 제물은 찢어진 마음뿐, 찢어지고 터진 마음을 당신께서 알아보지 아니하시니,
18. 어지신 마음으로 시온을 돌보시어 예루살렘 성벽을 다시 쌓게 하소서.
19. 그 때에는 번제와 제물을 올바른 제사로 기뻐 받으시리니, 송아지를 잡아 당신 제단에 바치리이다.

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

Alleluia, alleluia, alleluia! Glory to Thee, O God! (3x)

Lord, have mercy (3x)

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

알렐루야 알렐루야 알렐루야 주여, 당신께 영광 돌리나이다. (3번)

주여, 불쌍히 여기소서. (3 번 반복)

<Troparion> Glory to the Father, and to the + Son, and to the Holy Spirit
 <TROPARION> Both now and ever, and unto the ages of ages. Amen.

<Troparion> 영광이 성부와 성자와 성신께
 <TROPARION> 이제와 항상 또 영원히 있나이다.
 아멘.

Theotokion

O Theotokos, Thou art the true vine that putteth forth the Fruit of life. We pray Thee, O Lady, intercede together with the apostles and all the saints, that mercy may be granted to our souls.

테오토키온

테오토코스여, 당신은 생명의 열매를 맺은 참 포도 나무시나이다. 당신께 비오니 사도들과 모든 성인들과 함께 우리 영혼에 자비를 베푸시도록 주님께 간구하소서.

During Great Lent		
During Great Lent	O Lord, Who at the third hour didst send down Thine All-holy Spirit upon Thy disciples and apostles: Take not Him away from us, O good One, but renew Him in us who pray to Thee. (<i>prostration</i>)	
	<i>Verse:</i> Create in me a clean heart, O God, and renew a right spirit within me.	
	O Lord, Who at the third hour didst send down Thine All-holy Spirit upon Thy disciples and apostles: Take not Him away from us, O good One, but renew Him in us who pray to Thee. (<i>prostration</i>)	
	<i>Verse:</i> Cast me not away from Thy presence, and take not Thy Holy Spirit from me.	
	O Lord, Who at the third hour didst send down Thine All-holy Spirit upon Thy disciples and apostles: Take not Him away from us, O good One, but renew Him in us who pray to Thee. (<i>prostration</i>)	
	Glory be Amen.	
	O Theotokos, thou art the true vine who didst bud forth for us the Fruit of Life. Implore thou Him, we beseech thee, O Lady, together with the Apostles and all the Saints, that He will have mercy on our souls.	테오토코스여, 당신은 생명의 열매를 맺은 참 포도 나무시나이다. 당신께 비오니 사도들과 모든 성인들과 함께 우리 영혼에 자비를 베푸시도록 주님께 간구하소서.

Blessed be the Lord God, blessed be the Lord from day to day, and may the God of our salvation prosper us, for He is our God, the God of salvation.

날마다 주를 찬양하여라. 우리의 구원이신 하느님께서 우리 집을 저주신다. 우리가 모시는 하느님은 구원의 하느님입니다.

Trisagion Prayers

Holy God, Holy + Mighty, Holy Immortal (One),
have mercy upon us! (3x)

Glory be to the Father, and to the + Son, and to the
Holy Spirit, Both now and ever, and unto all ages
of ages. Amen.

All-Holy Trinity, have mercy upon us. Lord,
cleans us from our sins. Master, pardon our
iniquities. O Holy One, visit and heal our
infirmities for Thy name's sake.

Lord, have mercy. (3x)

Glory be to the Father, and to the + Son, and to the
Holy Spirit, Both now and ever, and unto all 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 debts, as we forgive our
debtors. And lead us not into temptation, but
deliver us from the evil one. Amen.

거룩한 하느님이시여, 거룩하고 전능하신 이여,
거룩하고 영원하신 이여, 우리를 불쌍히 여기소서.
(3 번 반복)

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

지극히 거룩하신 삼위일체여, 우리를 불쌍히
여기소서. 주여, 우리의 죄를 사해 주소서. 주여,
우리의 잘못을 용서해 주소서. 거룩하신 이여,
오셔서 당신의 이름으로 병들고 약한 우리를 낫게
해주소서.

주여, 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

하늘에 계신 우리 아버지, 아버지의 이름이
거룩하게 하시며, 아버지의 나라가 오게 하시며,
아버지의 뜻이 하늘에서와 같이 땅에서도
이루어지게 하소서. 오늘 우리에게 필요한 양식을
주시고 우리가 우리에게 잘못된 이들을 용서하듯이
우리의 잘못을 용서하시고
우리를 유혹에 빠지지 않게 하시고 악에서
구하소서.
아멘.

<Kontakion> (or else Tropari of Great Lent)

Tropari of Great Lent	
During Great Lent	Blessed art Thou, O Christ our God, who hast revealed the fishermen as all-wise by sending down upon them the Holy Spirit; through them Thou didst draw the world into Thy net. O Lover of mankind, glory to Thee.
	<i>Glory to the Father and to the Son and to the Holy Spirit.</i>
	Grant speedy and steadfast consolation unto Thy servants, O Jesus, when our spirits are cast down within us. Depart not from our souls in affliction. Be not far from our thoughts in time of trouble, but always defend us. Draw near unto us, draw near unto us, Thou who art everywhere present. As Thou art ever with Thine apostles, so, also, O compassionate One, unite Thyself unto those who long for Thee, that with one accord we may sing praises unto Thee and glorify Thine all-holy Spirit.
	<i>Both now and ever, and unto ages of ages. Amen.</i>
	The hope and protection and refuge of Christians art thou, the impregnable wall and the haven unvexed by storms, O immaculate Theotokos; but in that thou dost save the world by thine unceasing intercessions, call thou us also to remembrance, O all-lauded Virgin.

Reader: Lord, have mercy (40x)

주여, 불쌍히 여기소서. (40 번 반복)

The Prayer of the Hours

Thou who at all times and in every hour, both in heaven and on earth art worshiped and glorified, O Christ God; long-suffering, great in mercy and goodness of heart; Who lovest the righteous and hast mercy on sinners; Who callest all men to salvation through the tidings of good things to come; do Thou, the same Lord, receive also our prayers at this hour; direct our lives in Thy commandments, sanctify our souls; cleanse our bodies; direct our thoughts, cleanse our minds, and deliver us from every tribulation, wickedness, and affliction; encompass us by Thy holy angels, that guarded and guided by their host, we may become worthy of the unity of the Faith and of the understanding of Thine unapproachable glory, for blessed art Thou unto ages of ages. Amen.

Lord, have mercy (3x)

그리스도 우리 하느님이시여, 주는 하늘과 땅에서 사시사철 매 시간마다 경배와 영광을 받으시는 이시며, 오래 참으시고 정다우시고 자비로우시며, 미래의 축복의 약속으로 우리 모두를 구원으로 부르시나이다.

오! 주여, 이 시간에 우리의 간청을 받아 주시고, 우리 생활을 주의 계명에 따라 지시하소서.

우리 영혼을 성화하시고, 우리 육체를 깨끗하게 하시고, 우리 생각을 바로 잡아 주시고, 우리 마음을 정화하시고, 우리를 온갖 시련과 악과 질병에서 구하소서.

주의 거룩한 천사들로 하여금 우리를 둘러싸 방패로 보호하고 이끌게 하시어, 우리로 하여금 신앙의 일치를 이루고 주님의 범접할 수 없는 영광의 지식에 온전히 통달케 하소서.

주는 영원히 찬미되시나이다. 아멘.

주여, 불쌍히 여기소서. (3 번 반복)

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

More honorable than the Cherubim, and more glorious without compare than the Seraphim, who without corruption gavest birth to God the Word, verily Theotokos, we magnify thee.

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

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

헤루빔보다 더 고귀하시고, 세라핌 보다 더 영화로우신 성모님이며,
동정으로 하느님이신 말씀을 참으로 낳으신 이여, 당신을 찬양하나이다.

아멘.

During Great Lent		
During Great Lent	Prayer of St. Ephraim the Syrian	
	O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. (<i>prostration</i>)	
	But give rather the spirit of chastity, humility, patience and love to Thy servant. (<i>prostration</i>)	
	Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (<i>prostration</i>)	
	O God, be gracious unto me, a sinner. (<i>12x, making a bow each time</i>)	
	O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (<i>prostration</i>)	

Prayer of Saint Macarius

O Master, God, Father Almighty, Lord, Only-begotten Son, Jesus Christ, and the Holy Spirit, one Godhead, one Power, have mercy on me a sinner, and by the judgments which Thou discernest, save me Thine unworthy servant; for blessed art Thou unto ages of ages. Amen.

THE SIXTH HOUR

6th Hour	
Hapgood	This Prayer Book
Opening Prayers <ul style="list-style-type: none"> <i>Come Let us Worship God our King</i> Three Psalms <ul style="list-style-type: none"> Psalm 53 Psalm 54 Psalm 90 <ul style="list-style-type: none"> Glory...Both Now, Alleluias Troparion of the Day Theotokion of the Hour <ul style="list-style-type: none"> <i>As there is no boldness in us</i> Trisagion Prayers & Our Father Kontakion of the Day "Lord have mercy" (40x) Prayer of the Hours: "Thou Who at all times..." Lord have Mercy x 3 & Glory...Both Now <i>More Honorable than the Cherubim</i> <i>Thru the Prayers of our Holy Fathers</i> Dismissal Prayer <ul style="list-style-type: none"> Prayer of St. Basil the Great 	Opening Prayers <ul style="list-style-type: none"> <i>Come Let us Worship God our King</i> Three Psalms <ul style="list-style-type: none"> Psalm 53 Psalm 54 Psalm 90 <ul style="list-style-type: none"> Glory...Both Now, Alleluias Lord have Mercy x 3 Troparion of the Day Theotokion of the Hour <ul style="list-style-type: none"> <i>As there is no boldness in us</i> Trisagion Prayers & Our Father Kontakion of the Day "Lord have mercy" (40x) Prayer of the Hours "Thou Who at all times..." Lord have Mercy x 3 & Glory...Both Now <i>More Honorable than the Cherubim</i> <i>Thru the Prayers of our Holy Fathers</i> Dismissal Prayer <ul style="list-style-type: none"> Prayer of St. Basil the Great

+ Come, let us worship God our King!
 + Come, let us worship and fall down before Christ, our King and our God!
 + Come, let us worship and fall down before Christ Himself, our King and our God!

임금이신 우리 하느님 앞에 와서 엎드려 경배합니다.
 그리스도 임금이신 우리 하느님 앞에 와서 엎드려 경배합니다.
 그리스도 임금이신 우리 하느님 그의 앞에 와서 엎드려 경배합니다.

Psalm 53 (54)

Among Hymns of instruction by David, when the Ziphites came and said to Saul, Lo, is not David hid with us?

1 Save me, O God, by thy name, and judge me by thy might.
 2 O God, hear my prayer; hearken to the words of my mouth.
 3 For strangers have risen up against me, and mighty men have sought my life: they have not set God before them. <Pause.>
 4 For lo! God assists me; and the Lord is the helper of my soul.
 5 He shall return evil to mine enemies; utterly destroy them in thy truth.
 6 I will willingly sacrifice to thee: I will give thanks to thy name, O Lord; for *it is* good.
 7 For thou hast delivered me out of all affliction, and mine eye has seen *my desire* upon mine enemies.

1. 하느님, 당신 이름으로 나를 구하소서. 힘을 떨치시어 내 옳음을 밝히소서.
 2. 하느님, 나의 기도를 들어주시고 이 입으로 아뢰는 말씀 귀담아들으소서.
 3. 하느님은 안중에도 없는 자들이 거만하게 나에게 달려들며 포악하게 이 목숨을 노리고 있습니다. (셀라)
 4. 그러나 하느님께서 지금 나를 도우러 오시고 주께서 나를 돕는 이들과 함께 계십니다.
 5. 저 원수들로 하여금 제 죄에 빠지게 하소서. 야훼, 진실하신 이여, 저들을 없애주소서.
 6. 진심으로 하느님께 제물을 바칩니다. 당신의 어지신 이름을 찬양하옵니다.
 7. 온갖 어려움에서 이 몸 건져주시고 원수들의 패망을 보게 하셨습니다.

Psalm 54 (55)

Among Hymns of instruction by David.

1 Hearken, O God, to my prayer; and disregard not my supplication.
 2 Attend to me, and hearken to me: I was grieved in my meditation, and troubled;
 3 because of the voice of the enemy, and because of the oppression of the sinner: for they brought iniquity against me, and were wrathfully angry with me.
 4 My heart was troubled within me; and the fear of death fell upon me.
 5 Fear and trembling came upon me, and

1. 하느님, 내 기도예 귀를 기울이소서. 애원하는 소리에 외면하지 마소서.
 2. 이 몸을 굽어보시고 응답하소서. 내 가슴 답답하고 어지러운은
 3. 저 원수들이 아우성치고 저 악인들이 나를 몰아세우기 때문입니다. 저들은 나에게 재앙을 들씌우며, 미친 듯이 욕설을 퍼붓습니다.
 4. 내 마음 찢어지듯 괴롭고, 죽음의 공포가

darkness covered me.

6 And I said, O that I had wings as *those* of a dove! then would I flee away, and be at rest.

7 Lo! I have fled afar off, and lodged in the wilderness. Pause.

8 I waited for him that should deliver me from distress of spirit and tempest.

9 Destroy, O Lord, and divide their tongues: for I have seen iniquity and gain saying in the city.

10 Day and night he shall go round about it upon its walls: iniquity and sorrow and unrighteousness *are* in the midst of it;

11 and usury and craft have not failed from its streets.

12 For if an enemy had reproached me, I would have endured it; and if one who hated *me* had spoken vauntingly against me, I would have hid myself from him.

13 But thou, O man like minded, my guide, and my acquaintance,

14 who in companionship with me sweetened *our* food: we walked in the house of God in concord.

15 Let death come upon them, and let them go down alive into Hades, for iniquity is in their dwellings, in the midst of them.

16 I cried to God, and the Lord hearkened to me.

17 Evening, and morning, and at noon I will declare and make known *my wants*: and he shall hear my voice.

18 He shall deliver my soul in peace from them that draw nigh to me: for they were with me in many *cases*.

19 God shall hear, and bring them low, *even* he that has existed from eternity. <Pause.> For they suffer no reverse, and *therefore* they have not feared God.

20 He has reached forth his hand for retribution; they have profaned his covenant.

21 They were scattered at the anger of his countenance, and his heart drew nigh them. His words were smoother than oil, yet are they darts.

22 Cast thy care upon the Lord, and he shall sustain thee; he shall never suffer the righteous to be moved.

23 But thou, O God, shalt bring them down to the pit of destruction; bloody and crafty

나를 덮치옵니다.

5. 무서움과 공포가 온몸을 뒤덮어 사시나무 떨듯이 부들부들 떨립니다.

6. 비둘기처럼 날개라도 있다면 안식처를 찾아 날아가련만,

7. 멀리멀리 광야로 가서 숨어 있으련만, (셀라)

8. 안전한 곳으로 쏜살같이 날아가 휩쓸어 가는 폭풍을 피하련만,

9. 그 독살스런 혀끝에 말려들지 않으련만. 주여, 성 안에는 보이느니 폭행과 분쟁뿐입니다.

10. 성벽 위에는 보초들이 밤낮으로 돌고, 성 안은 포악과 범죄로 차 있습니다.

11. 파괴가 성 안에 끊이지 않고 장터마다 폭력과 사기가 판을 칩니다.

12. 나를 모욕하는 자가 원수였다면 차라리 견디기 쉬웠을 것을, 나를 업신여기는 자가 적이었다면 그를 비키기라도 했을 것을.

13. 그러나 그것은 내 동료, 내 친구, 서로 가까이 지내던 벗,

14. 성전에서 정답게 어울리던 네가 아니냐. 홀연히들 사라져버려라.

15. 죽음이 그들 위에 무너져 내려라. 산 채로 지하로 내려가 버려라. 그들이 사는 곳, 그들의 집은 죄악의 소굴이다.

16. 나만은 하느님께 부르짖으리니, 야훼여, 이 몸 건져주소서.

17. 저녁에, 아침에, 한낮에 내가 신음하며 호소하오니 이 울부짖음을 들어주소서.

18. 많은 원수들이 몰아대는 전쟁터에서 이 목숨 건지시어 안심하게 하소서.

19. 영원으로부터 옥좌에 앉으신 하느님, 들으시고 그자들을 눌러주소서. (셀라) 그들은 마음을 고치지 않고 하느님 두려운 줄을 모르옵니다.

20. 그들은 제 동료들에게 손을 뻗치고 맺은 계약을 짓밟습니다.

21. 그 입은 영긴 젖보다도 부드러우나 마음은 미움으로 가득 차 있습니다. 그 말은 기름보다 매끄러우나 실상은 뱀아든 비수입니다.

22. 너의 걱정을 야훼께 맡기어라. 주께서

men shall not live out half their days; but I will hope in thee, O Lord.

너를 붙들어주시리니, 착한 사람
망하도록 절대로 버려두지 않으시리라.
23. 하느님, 저 꾀에 주리고 사기치는 자들이
제 목숨 절반도 못 살고 땅 속 깊은 곳에
빠져들게 하소서. 나만은 하느님을
믿사옵니다.

Psalm 90 (91)

Praise of a Song, by David.

1 He that dwells in the help of the Highest, shall sojourn under the shelter of the God of heaven.
2 He shall say to the Lord, Thou art my helper and my refuge: my God; I will hope in him.
3 For he shall deliver thee from the snare of the hunters, from every troublesome matter.
4 He shall overshadow thee with his shoulders, and thou shalt trust under his wings: his truth shall cover thee with a shield.
5 Thou shalt not be afraid of terror by night; nor of the arrow flying by day; 6 *nor* of the evil thing that walks in darkness; *nor* of calamity, and the evil spirit at noon-day.
7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.
8 Only with thine eyes shalt thou observe and see the reward of sinners.
9 For thou, O Lord, art my hope: thou, my soul, hast made the Most High thy refuge.
10 No evils shall come upon thee, and no scourge shall draw nigh to thy dwelling.
11 For he shall give his angels charge concerning thee, to keep thee in all thy ways.
12 They shall bear thee up on their hands, lest at any time thou dash thy foot against a stone.
13 Thou shalt tread on the asp and basilisk: and thou shalt trample on the lion and dragon.
14 For he has hoped in me, and I will deliver him: I will protect him, because he has known my name.
15 He shall call upon me, and I will hearken to him: I am with him in affliction; and I will deliver him, and glorify him.
16 I will satisfy him with length of days, and shew him my salvation.

1. 지존하신 분의 거처에 몸을 숨기고
전능하신 분의 그늘 아래 머무는 사람아,
2. 야훼께서 네 피난처시요 네 요새이시며
네가 의지하는 너의 하느님이라고
말하여라.
3. 그분이 너를 사냥하는 자의 덫과 죽을
병에서 건져주시어
4. 당신의 날개로 덮어주시고 그 깃 아래
숨겨주시리라. 그의 진실하심이 너의
갑옷이 되고 방패가 되신다.
5. 밤에 덮치는 무서운 손, 낮에 날아드는
화살을 두려워 마라.
6. 지존하신 분의 거처에 몸을 숨기고
전능하신 분의 그늘 아래 머무는 사람아,
7. 야훼께서 네 피난처시요 네 요새이시며
네가 의지하는 너의 하느님이라고
말하여라.
8. 그분이 너를 사냥하는 자의 덫과 죽을
병에서 건져주시어
9. 당신의 날개로 덮어주시고 그 깃 아래
숨겨주시리라. 그의 진실하심이 너의
갑옷이 되고 방패가 되신다.
10. 밤에 덮치는 무서운 손, 낮에 날아드는
화살을 두려워 마라.
11. 지존하신 분의 거처에 몸을 숨기고
전능하신 분의 그늘 아래 머무는 사람아,
12. 야훼께서 네 피난처시요 네 요새이시며
네가 의지하는 너의 하느님이라고
말하여라.
13. 그분이 너를 사냥하는 자의 덫과 죽을
병에서 건져주시어
14. 당신의 날개로 덮어주시고 그 깃 아래
숨겨주시리라. 그의 진실하심이 너의

갑옷이 되고 방패가 되신다.

15. 밤에 덮치는 무서운 손, 낮에 날아드는 화살을 두려워 마라.

16. 그로 하여금 마음껏 오래 살게 하고 나의 구원을 그에게 보여주리라."

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

Alleluia, alleluia, alleluia! Glory to Thee, O God! (3x)

Lord, have mercy (3x)

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

알렐루이아 알렐루이아 알렐루이아 주여, 당신께 영광 돌리나이다. (3번)

주여, 불쌍히 여기소서. (3 번 반복)

<Troparion> Glory to the Father, and to the + Son, and to the Holy Spirit

<Troparion> 영광이 성부와 성자와 성신께

Lenten Troparion		
During Great Lent	Thou Who on the sixth day and at the sixth hour didst nail to the Cross the sin that Adam dared to commit in Paradise: Rend also the handwriting against us, O Christ our God, and save us. (<i>prostration</i>)	
	<i>Verse:</i> Give ear, O God, unto my prayer, and disdain not my supplication.	
	Thou Who on the sixth day and at the sixth hour didst nail to the Cross the sin that Adam dared to commit in Paradise: Rend also the handwriting against us, O Christ our God, and save us. (<i>prostration</i>)	
	<i>Verse:</i> Unto God have I cried, and the Lord hearkened unto me.	
	Thou Who on the sixth day and at the sixth hour didst nail to the Cross the sin that Adam dared to commit in Paradise: Rend also the handwriting against us, O Christ our God, and save us. (<i>prostration</i>)	

<TROPARION> Both now and ever, and unto the ages of ages. Amen.

<TROPARION> 이제와 항상 또 영원히 있나이다. 아멘.

Theotokion

As there is no boldness in us because of the multitude of our sins, do thou, O Virgin Theotokos, intercede with the Son whom thou hast borne, for the entreaty of a mother has great power to win the favor of the Master. Despise not, O all-venerable Lady, the prayers of sinners, for He who took upon Himself to suffer for our sake is merciful and strong to save. Let Thy tender mercies, O Lord, speedily go before us, for we are become exceeding poor. Help us, O God of our salvation, for the glory of Thy Name; O Lord, deliver us and purge away our sins, for Thy Name's sake.

테오토키온

죄 많은 우리는 용기가 없어서 감히 청하지 못하오니, 테오토코스 동정녀시여, 당신이 낳으신 그분께 간청하소서. 근엄한 주인에게 어머니의 간청은 큰 힘이 되나이다.

지극히 정결하신 이여, 죄 많은 우리들의 간청을 외면하지 마소서. 그분은 자비로우시므로 우리를 위해 고통을 받으셨나니 우리를 구원하실 힘이 있나이다.

우리가 거의 넘어지게 되었사오니 주여, 당신 자비로 우리를 빨리 부축하소서. 우리의 구원이신 하느님, 당신의 영광스러운 이름을 위하여 우리를 도우소서. 우리의 죄를 없애시어 우리를 건져 주시고 당신의 이름을 영화롭게 하소서.

Trisagion Prayers

Holy God, Holy + Mighty, Holy Immortal (One), have mercy upon us! (3x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all ages of ages. Amen.

All-Holy Trinity, have mercy upon us. Lord, cleanse us from our sins. Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (3x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all 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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one. Amen.

거룩한 하느님이시여, 거룩하고 전능하신 이여, 거룩하고 영원하신 이여, 우리를 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

지극히 거룩하신 삼위일체여, 우리를 불쌍히 여기소서. 주여, 우리의 죄를 사해 주소서. 주여, 우리의 잘못을 용서해 주소서. 거룩하신 이여, 오셔서 당신의 이름으로 병들고 약한 우리를 낫게 해주소서.

주여, 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

하늘에 계신 우리 아버지, 아버지의 이름이 거룩하게 하시며, 아버지의 나라가 오게 하시며, 아버지의 뜻이 하늘에서와 같이 땅에서도 이루어지게 하소서. 오늘 우리에게 필요한 양식을 주시고 우리가 우리에게 잘못된 이들을 용서하듯이 우리의 잘못을 용서하시고 우리를 유혹에 빠지지 않게 하시고 악에서 구하소서. 아멘.

<Kontakion> (or else Tropari of Great Lent)

Tropari of Great Lent	
During Great Lent	<p>Thou has wrought salvation in the midst of the earth, O Christ God. Thou didst stretch out thine all-pure hands upon the Cross; thou hast gathered together all the nations, who cry aloud unto thee: Glory to thee, O Lord.</p> <p>Glory be...</p> <p>We bow down in reverence before the holy Image, O Good One, entreating forgiveness for our transgressions, O Christ-God; for of thine own good will thou didst graciously deign to ascend the Cross in the flesh, that thou mightest deliver from the works of the enemy those who thou hadst fashioned. Wherefore we cry aloud unto thee in thanksgiving: With joy thou didst fill all things, O our Saviour, when thou didst come to save the world.</p> <p>Both now...Amen.</p> <p><i>If Monday, Tuesday, Thursday:</i> Hymn to the Birthgiver of God: Vouchsafe unto us thy mercy, O Birth-giver of God, thou who art a Fount of tender compassion. Look upon the people who have sinned; manifest, as always, thy power. For trusting in thee we cry unto thee: Hail! as did aforetime Gabriel, Chief of the Bodiless Powers.</p> <p><i>If Wednesday or Friday:</i> Cross-Hymn to the Birthgiver of God: Exceedingly blessed art thou, O Virgin Birth-giver of God, and we sing thy praise: for by the Cross of thy Son was Hell overthrown and Death was slain; and we who were dead have risen again, and have mercifully been deemed worthy of life, and have received Paradise, which was our delight of old. For which cause, with thanksgiving we magnify Christ our God, in that he is mighty and in that he alone loveth mankind.</p>

Reader: Lord, have mercy (40x)

주여, 불쌍히 여기소서. (40 번 반복)

The Prayer of the Hours

Thou who at all times and in every hour, both in heaven and on earth art worshiped and glorified, O Christ God; long-suffering, great in mercy and goodness of heart; Who lovest the righteous and hast mercy on sinners; Who callest all men to salvation through the tidings of good things to come; do Thou, the same Lord, receive also our prayers at this hour; direct our lives in Thy commandments, sanctify our souls; cleanse our bodies; direct our thoughts, cleanse our minds, and deliver us from every tribulation, wickedness, and affliction; encompass us by Thy holy angels, that guarded and guided by their host, we may become worthy of the unity of the Faith and of the understanding of Thine unapproachable glory, for blessed art Thou unto ages of ages. Amen.

Lord, have mercy (3x)

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

More honorable than the Cherubim, and more glorious without compare than the Seraphim, who without corruption gavest birth to God the Word, verily Theotokos, we magnify thee.

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and save us.

Amen.

그리스도 우리 하느님이시여, 주는 하늘과 땅에서 사시사철 매 시간마다 경배와 영광을 받으시는 이시며, 오래 참으시고 정다우시고 자비로우시며, 미래의 축복의 약속으로 우리 모두를 구원으로 부르시나이다.

오! 주여, 이 시간에 우리의 간청을 받아 주시고, 우리 생활을 주의 계명에 따라 지시하소서.

우리 영혼을 성화하시고, 우리 육체를 깨끗하게 하시고, 우리 생각을 바로 잡아 주시고, 우리 마음을 정화하시고, 우리를 온갖 시련과 악과 질병에서 구하소서.

주의 거룩한 천사들로 하여금 우리를 둘러싸 방패로 보호하고 이끌게 하시어, 우리로 하여금 신앙의 일치를 이루고 주님의 범접할 수 없는 영광의 지식에 온전히 통달케 하소서.

주는 영원히 찬미되시나이다. 아멘.

주여, 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

헤루빔보다 더 고귀하시고, 세라핌보다 더 영화로우신 성모님이며,
동정으로 하느님이신 말씀을 참으로 낳으신 이여, 당신을 찬양하나이다.

During Great Lent		
During Great Lent	Prayer of St. Ephraim the Syrian	
	O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. (<i>prostration</i>)	
	But give rather the spirit of chastity, humility, patience and love to Thy servant. (<i>prostration</i>)	
	Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (<i>prostration</i>)	
	O God, be gracious unto me, a sinner. (<i>12x, making a bow each time</i>)	
	O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (<i>prostration</i>)	

Prayer of Saint Basil the Great

O God, the Lord of hosts, and Author of all creation, who in Thine ineffable tender mercy hast sent down Thine Only-begotten Son, Our Lord Jesus Christ, for the salvation of our kind, and through His Holy Cross hast torn up the handwriting of our sins and thereby triumphed over the princes and dominions of darkness; do Thou, O Master, who lovest mankind, accept these prayers of thanksgiving and supplication even from us sinners, and deliver us from every deadly and dark transgression and from all the visible and invisible enemies that seek to do us harm.

Nail our flesh with the fear of Thee, and let not our hearts incline to evil words or thoughts, but wound our souls with Thy love, that ever gazing upon Thee, guided by Thy light and beholding Thee, the eternal Light that no man can approach, we may send up unceasing praises and thanks unto Thee, the Father without beginning, together with Thine Only-begotten Son and Thy most holy, good, and life-giving Spirit, now, and ever, and unto ages of ages. Amen. 아멘.

During Great Lent, we read also the 9th Hour, beginning with the Trisagion Prayers.

THE NINTH HOUR

9 rd Hour	
Hapgood	This Prayer Book
Opening Prayers <ul style="list-style-type: none"> • <i>Thru the Prayers of our Holy Fathers</i> • Trisagion Prayers • Lord have Mercy x 12 & Glory...Both Now • <i>Come Let us Worship God our King</i> Three Psalms <ul style="list-style-type: none"> • Psalm 83 • Psalm 84 • Psalm 85 <ul style="list-style-type: none"> • Glory...Both Now, Alleluias • Lord have Mercy x 3 • Troparion of the Day Theotokion of the Hour <ul style="list-style-type: none"> • <i>Thou who for our sake was born of a Virgin</i> • Trisagion Prayers & Our Father • Kontakion of the day's saint or feast. • "Lord have mercy" (40x) • Prayer of the Hours: "Thou Who at all times..." • Lord have Mercy x 3 & Glory...Both Now • <i>More Honorable than the Cherubim</i> • <i>Thru the Prayers of our Holy Fathers</i> Dismissal Prayer <ul style="list-style-type: none"> • Prayer of St. Basil the Great 	Opening Prayers <ul style="list-style-type: none"> • <i>Thru the Prayers of our Holy Fathers</i> • Trisagion Prayers • Lord have Mercy x 12 & Glory...Both Now • <i>Come Let us Worship God our King</i> Three Psalms <ul style="list-style-type: none"> • Psalm 83 • Psalm 84 • Psalm 85 <ul style="list-style-type: none"> • Glory...Both Now, Alleluias • Lord have Mercy x 3 • Troparion of the Day Theotokion of the Hour <ul style="list-style-type: none"> • <i>Thou who for our sake was born of a Virgin</i> • Trisagion Prayers & Our Father • Kontakion of the day's saint or feast. • "Lord have mercy" (40x) • Prayer of the Hours: "Thou Who at all times..." • Lord have Mercy x 3 & Glory...Both Now • <i>More Honorable than the Cherubim</i> • <i>Thru the Prayers of our Holy Fathers</i> Dismissal Prayer <ul style="list-style-type: none"> • Prayer of St. Basil the Great

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and save us.

Amen.

The Trisagion Prayers

Glory be to Thee, O our God, glory be to Thee.

O heavenly King, Comforter, Spirit of truth, Who art in all places and fillest all things, Thou Treasury of blessings, 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 (One), have mercy upon us! (3x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all ages of ages. Amen.

All-Holy Trinity, have mercy upon us. Lord, cleanse us from our sins. Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (3x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all 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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one. Amen.

Lord, have mercy (12x)

Glory be to the Father, and to the + Son, and to the Holy Spirit, Both now and ever, and unto all ages of ages. Amen.

하늘의 임금이시며 위로자시여, 진리의 성령이시며 어디에나 현존하시며 온갖 것을 채워 주시는 이여, 행복과 생명을 주시는 이여, 오시어 우리 안에 머무르사 우리의 불결하게 된 모든 것을 깨끗하게 하시고, 선하신 이여, 우리 영혼을 구해 주시옵소서.

거룩한 하느님이시여, 거룩하고 전능하신 이여, 거룩하고 영원하신 이여, 우리를 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

지극히 거룩하신 삼위일체여, 우리를 불쌍히 여기소서. 주여, 우리의 죄를 사해 주소서. 주여, 우리의 잘못을 용서해 주소서. 거룩하신 이여, 오셔서 당신의 이름으로 병들고 약한 우리를 낫게 해주소서.

주여, 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

하늘에 계신 우리 아버지, 아버지의 이름이 거룩하게 하시며, 아버지의 나라가 오게 하시며, 아버지의 뜻이 하늘에서와 같이 땅에서도 이루어지게 하소서. 오늘 우리에게 필요한 양식을 주시고 우리가 우리에게 잘못된 이들을 용서하듯이 우리의 잘못을 용서하시고 우리를 유혹에 빠지지 않게 하시고 악에서 구하소서. 아멘.

주여, 불쌍히 여기소서. (12 번 반복)

영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

+ Come, let us worship God our King!
 + Come, let us worship and fall down before Christ,
 our King and our God!
 + Come, let us worship and fall down before Christ
 Himself, our King and our God!

임금이신 우리 하느님 앞에 와서 엎드려 경배합시다.
 그리스도 임금이신 우리 하느님 앞에 와서 엎드려 경배합시다.
 그리스도 임금이신 우리 하느님 그의 앞에 와서 엎드려 경배
 합시다.

Psalm 83 (84)

For the end, a Psalm for the sons of Core, concerning the wine-presses.

1 How amiable are thy tabernacles, O
 Lord of hosts!
 2 My soul longs, and faints for the courts
 of the Lord: my heart and my flesh have
 exulted in the living god.
 3 Yea, the sparrow has found himself a
 home, and the turtle-dove a nest for
 herself, where she may lay her young,
even thine altars, O Lord of hosts, my
 King, and my God.
 4 Blessed are they that dwell in thy
 house: they will praise thee evermore.
 <Pause.>
 5 Blessed is the man whose help is of
 thee, O Lord; in his heart he has
 purposed to go up
 6 the valley of weeping, to the place
 which he has appointed, for *there* the
 law-giver will grant blessings.
 7 They shall go from strength to
 strength: the God of gods shall be seen
 in Sion.
 8 O Lord God of hosts, hear my prayer:
 hearken, O God of Jacob. <Pause.>
 9 Behold, O God our defender, and look
 upon the face of thine anointed.
 10 For one day in thy courts is better
 than thousands. I would rather be an
 abject in the house of God, than dwell in
 the tents of sinners.
 11 For the Lord loves mercy and truth:
 God will give grace and glory: the Lord
 will not withhold good things from them
 that walk in innocence.
 12 O Lord of hosts, blessed is the man
 that trusts in thee.

1. 만군의 야훼여, 계시는 곳 그 얼마나
 좋으신가!
2. 야훼의 성전 뜰 안을 그리워하여 내
 영혼이 애타다가 지칩니다. 나의 마음
 나의 이 몸이 살아 계신 하느님께 기쁜
 소리 지르웁니다.
3. 나의 왕, 나의 하느님, 만군의 야훼여,
 당신의 제단 곁에는 참새도 깃들이고
 제비도 새끼 칠 보금자리 얻었사옵나.
4. 당신 집에 사는 사람, 복되오니 길이길이
 당신을 찬미하옵니다. (셀라)
5. 주님께 힘을 얻어 순례길에 오른 사람
 복되어라.
6. 메마른 골짜기를 지나갈 적에 거기에서
 샘이 터지고 이른 비가 복을 내려주리라.
7. 그들은 오르고 또 올라 시온 산에서
 마침내 하느님을 뵈게 되리라.
8. 야훼, 만군의 하느님, 내 기도를
 들어주소서. 야곱의 하느님, 귀를
 기울이소서. (셀라)
9. 우리의 방패이신 하느님, 보소서. 손수
 복을 내리신 우리 임금을 굽어보소서.
10. 주의 집 뜰 안이면 천 날보다 더 나은
 하루, 악인의 편한 집에 살기보다는
 차라리 하느님 집 문간을 택하리이다.
11. 야훼 하느님은 성채이며 방패이시니
 은총과 영광을 내려주시고 흠없이 사는
 사람에게 아낌없이 복을 내려주십니다.
12. 만군의 야훼여, 당신께 의지하는 사람은
 복되옵니다.

Psalm 84 (85)

For the end, a Psalm for the sons of Core.

1 O Lord, thou has taken pleasure in thy land: thou hast turned back the captivity of Jacob.

2 Thou hast forgiven thy people their transgressions; thou has covered all their sins. Pause.

3 Thou has caused all thy wrath to cease: thou hast turned from thy fierce anger.

4 Turn us, O God of our salvation, and turn thy anger away from us.

5 Wouldest thou be angry with us for ever? or wilt thou continue thy wrath from generation to generation?

6 O God, thou wilt turn and quicken us; and thy people shall rejoice in thee.

7 Shew us thy mercy, O Lord, and grant us thy salvation.

8 I will hear what the Lord God will say concerning me: for he shall speak peace to his people, and to his saints, and to those that turn their heart toward him.

9 Moreover his salvation is near them that fear him; that glory may dwell in our land.

10 Mercy and truth are met together: righteousness and peace have kissed *each other*.

11 Truth has sprung out of the earth; and righteousness has looked down from heaven.

12 For the Lord will give goodness; and our land shall yield her fruit.

13 Righteousness shall go before him; and shall set his steps in the way.

1. 야훼여, 당신 땅을 어여삐 여기시어 귀양살이 야곱을 돌아오게 하시고,
2. 당신 백성의 죄를 용서해 주시며 저희 모든 허물을 덮어주셨으니, (셀라)
3. 당신의 격분을 말끔히 거두시고 타오르는 진노를 잊으셨사옵니다.
4. 우리 구원의 하느님, 노여움을 푸시고 우리를 되돌아가게 하소서.
5. 영원히 우리에게 노하시며 대대로 우리에게 노여움을 품으시렵니까?
6. 우리를 되살릴 분 당신이 아니옵니까? 이에 당신 백성이 당신 안에서 어찌 아니 기쁘오리까?
7. 야훼여, 당신의 사랑을 보여주소서. 당신의 구원을 우리에게 내리소서.
8. 나는 듣나니, 야훼께서 무슨 말씀 하셨는가? 하느님께서 하신 말씀 그것은 분명히 평화, 당신 백성과 당신을 따르는 자들, 또다시 망령된 데로 돌아가지 않으면 그들에게 주시는 평화로다.
9. 당신을 경외하는 자에게는 구원이 정녕 가까우니 그의 영광이 우리 땅에 깃들이시리라.
10. 사랑과 진실이 눈을 맞추고 정의와 평화가 입을 맞추리라.
11. 땅에서는 진실이 돌아 나오고 하늘에선 정의가 굽어보리라.
12. 야훼께서 복을 내리시리니 우리 땅이 열매를 맺어주리라.
13. 정의가 당신 앞을 걸어 나가고, 평화가 그 발자취를 따라가리라.

Psalm 85 (86)

A Psalm of David, when Nathan the prophet came to him, when he had gone to Bersabee.

1 O Lord, incline thine ear, and hearken to me; for I am poor and needy.
 2 Preserve my soul, for I am holy; save thy servant, O God, who hopes in thee.
 3 Pity me, O Lord: for to thee will I cry all the day.
 4 Rejoice the sold of thy servant: for to thee, O Lord, have I lifted up my soul.
 5 For thou, O Lord, art kind, and gentle; and plenteous in mercy to all that call upon thee.
 6 Give ear to my prayer, o Lord; and attend to the voice of my supplication.
 7 In the day of my trouble I cried to thee: for thou didst hear me.
 8 There is none like to thee, O Lord, among the god; and there are no *works* like to thy works.
 9 All nations whom thou hast made shall come, and shall worship before thee, O Lord; and shall glorify thy name.
 10 For thou art great, and doest wonders: thou art the only *and* the great God.
 11 Guide me, O Lord, in thy way, and I will walk in thy truth: let my heart rejoice, that I may fear thy name.
 12 I will give thee thanks, O Lord my God, with all my heart; and I will glorify thy name for ever.
 13 For thy mercy is great toward me; and thou hast delivered my soul from the lowest hell.
 14 O God, transgressors have risen up against me, and an assembly of violent *men* have sought my life; and have not set thee before them.
 15 But thou, O Lord God, art compassionate and merciful, long-suffering, and abundant in mercy and true.
 16 Look thou upon me, and have mercy upon me: give thy strength to thy servant, and save the son of thine handmaid.
 17 Establish with me a token for good; and let them that hate me see *it* and be ashamed; because thou, O Lord, hast helped me, and comforted me.

1. 귀를 기울이소서, 야훼여, 대답하소서. 불쌍하고 가련한 이 몸이옵니다.
2. 당신께 바친 몸이오니, 지켜주소서. 당신께 의지하오니, 이 종을 구원하소서.
3. 당신은 나의 하느님, 주여, 나를 불쌍히 여기소서. 나는 매일같이 당신을 부르옵니다.
4. 주여, 내 마음 주를 향하여 올리오니 당신 종의 마음을 기쁨으로 가득 채주소서.
5. 주여, 용서하심과 어지심이 당신의 것이요 주님께 부르짖는 자에게 한없는 사랑 베푸시오니
6. 야훼여, 내 기도 들어주시고 이 애원하는 소리를 귀담아들으소서.
7. 주께서 분명코 대답해 주시겠기에 이 몸이 곤경에 빠져 주님께 부르짖사옵니다.
8. 주여, 신들 중에 그 누가 주님과 같으리이까? 주께서 하신 일을 어느 누가 하리이까?
9. 주여, 주께서 내신 민족들이 모두 와서 예배드리고 당신의 이름을 찬양하리이다.
10. 주님은 위대하시어 놀라운 일 이루시니, 당신 홀로 하느님이시옵니다.
11. 야훼여, 당신의 길을 나에게 가르치소서. 충실하게 그 길을 걷고 마음 한데 모두어 당신 이름을 경외하리이다.
12. 주, 나의 하느님, 내 마음 다하여 감사 기도드리며 당신의 이름을 영원히 높이리이다.
13. 지옥 깊은 곳에서 이 목숨을 건지셨으니 크고 크신 주의 사랑 감당할 길 없사옵니다.
14. 하느님, 교만한 자들이 나를 거슬러 일어나고 흉악한 자 떼지어 내 목숨 노리오니 그들은 당신을 안중에도 두지 않습니다.
15. 그러나 주님은 자비로우시고 너그러우시어 좀처럼 화를 내지 아니하시니 참되신 주의 사랑 그지없으십니다.
16. 이 몸을 굽어보시고 불쌍히 여기소서. 당신의 종에게 힘을 주소서. 당신의 여종에게서 태어난 이 몸, 나에게 당신 구원 내려주시고
17. 어지심의 징표를 보여주소서. 야훼여, 당신께서 이 몸을 도우시고 위로하셨음을 원수들이 보고 부끄러워하게 하소서.

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

Alleluia, alleluia, alleluia! Glory to Thee, O God! (3x)

Lord, have mercy (3x)

Glory to the Father, and to the + Son, and to the Holy Spirit. Both now and ever, and unto the ages of ages. Amen. **Troparion**

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

알렐루이아 알렐루이아 알렐루이아 주여, 당신께 영광 돌리나이다. (3번)

주여, 불쌍히 여기소서. (3 번 반복)

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.
Troparion

Troparion for Great Lent		
During Great Lent	O thou, who at the ninth hour, for our sake didst taste of death in the flesh, mortify the presumption of our flesh, O Christ God, and save us. (<i>prostration</i>)	
	<i>Verse:</i> Let my prayer come nigh before thee, O Lord; give me understanding, according to thy word.	
	O thou, who at the ninth hour, for our sake didst taste of death in the flesh, mortify the presumption of our flesh, O Christ God, and save us. (<i>prostration</i>)	
	<i>Verse:</i> Let my petition come before thee, O Lord; according to thy word, deliver me.	
	Glory be... Amen	

Theotokion

O Thou Who for our sake wast born of a Virgin, and didst suffer crucifixion, O Good One, and didst despoil death by death, and, as God, didst reveal the resurrection: Disdain not them which Thou hast fashioned with Thine hand; show forth Thy love for mankind, O Merciful One; accept the Theotokos who gave Thee birth, who intercedeth for us; and do Thou, our Savior, save a despairing people.

Deliver us not up utterly, for Thy holy name's sake, and neither disannul Thou Thy covenant, and cause not Thy mercy to depart from us, for Abraham's sake, Thy beloved; and for Isaac's sake, Thy servant; and for Israel's, Thy holy one.

Trisagion Prayers

Holy God, Holy + Mighty, Holy Immortal (One),
have mercy upon us! (3x)

거룩한 하느님이시여, 거룩하고 전능하신 이여,
거룩하고 영원하신 이여, 우리를 불쌍히 여기소서.
(3 번 반복)

Glory be to the Father, and to the + Son, and to the
Holy Spirit, Both now and ever, and unto all ages
of ages. Amen.

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

All-Holy Trinity, have mercy upon us. Lord,
cleans us from our sins. Master, pardon our
iniquities. O Holy One, visit and heal our
infirmities for Thy name's sake.

지극히 거룩하신 삼위일체여, 우리를 불쌍히
여기소서. 주여, 우리의 죄를 사해 주소서. 주여,
우리의 잘못을 용서해 주소서. 거룩하신 이여,
오셔서 당신의 이름으로 병들고 약한 우리를 낫게
해주소서.

Lord, have mercy. (3x)

주여, 불쌍히 여기소서. (3 번 반복)

Glory be to the Father, and to the + Son, and to the
Holy Spirit, Both now and ever, and unto all ages
of ages. Amen.

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

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 debts, as we forgive our
debtors. And lead us not into temptation, but
deliver us from the evil one. Amen.

하늘에 계신 우리 아버지, 아버지의 이름이
거룩하게 하시며, 아버지의 나라가 오게 하시며,
아버지의 뜻이 하늘에서와 같이 땅에서도
이루어지게 하소서. 오늘 우리에게 필요한 양식을
주시고 우리가 우리에게 잘못된 이들을 용서하듯이
우리의 잘못을 용서하시고
우리를 유혹에 빠지지 않게 하시고 악에서
구하소서.
아멘.

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and
save us.

Amen.

<Kontakion> (if a Feast, else the following Tropari)

Tropari of the Fast		
If Not a Feast	When the thief beheld the Author of life hanging upon the cross, he said: If thou wert not God incarnate, who art here crucified with us, then had the sun not veiled its rays, neither would the earth have shaken with trembling. But do thou, who sufferest for all men, remember me, O Lord, when thou comest in thy kingdom.	
	Glory be...	
	In the midst, between two thieves, was thy cross found the balance-beam of righteousness; for while the one was led down to hades by the burden of his blaspheming, the other was lightened of his sins, unto the knowledge of things divine, O Christ God, glory to thee.	
	Both now... Amen.	
	When she who bare thee beheld upon the Cross thee, the Lamb and Shepherd and Saviour of the world, she weeping said: The world rejoiceth, in that it hath received redemption, but my heart kindleth with yearning as I behold thy crucifixion, which thou sufferest for all men, O my Son and my God.	

Reader: Lord, have mercy (40x)

주여, 불쌍히 여기소서. (40 번 반복)

The Prayer of the Hours

Thou who at all times and in every hour, both in heaven and on earth art worshiped and glorified, O Christ God; long-suffering, great in mercy and goodness of heart; Who lovest the righteous and hast mercy on sinners; Who callest all men to salvation through the tidings of good things to come; do Thou, the same Lord, receive also our prayers at this hour; direct our lives in Thy commandments, sanctify our souls; cleanse our bodies; direct our thoughts, cleanse our minds, and deliver us from every tribulation, wickedness, and affliction; encompass us by Thy holy angels, that guarded and guided by their host, we may become worthy of the unity of the Faith and of the understanding of Thine unapproachable glory, for blessed art Thou unto ages of ages. Amen.

Lord, have mercy (3x)

그리스도 우리 하느님이시여, 주는 하늘과 땅에서 사시사철 매 시간마다 경배와 영광을 받으시는 이시며, 오래 참으시고 정다우시고 자비로우시며, 미래의 축복의 약속으로 우리 모두를 구원예로 부르시나이다.

오! 주여, 이 시간에 우리의 간청을 받아 주시고, 우리 생활을 주의 계명에 따라 지시하소서.

우리 영혼을 성화하시고, 우리 육체를 깨끗하게 하시고, 우리 생각을 바로 잡아 주시고, 우리 마음을 정화하시고, 우리를 온갖 시련과 악과 질병에서 구하소서.

주의 거룩한 천사들로 하여금 우리를 둘러싸 방패로 보호하고 이끌게 하시어, 우리로 하여금 신앙의 일치를 이루고 주님의 범접할 수 없는 영광의 지식에 온전히 통달케 하소서.

주는 영원히 찬미되시나이다. 아멘.

주여, 불쌍히 여기소서. (3 번 반복)

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

More honorable than the Cherubim, and more glorious without compare than the Seraphim, who without corruption gavest birth to God the Word, verily Theotokos, we magnify thee.

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

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

헤루빔보다 더 고귀하시고, 세라핌 보다 더 영화로우신 성모님이며,
동정으로 하느님이신 말씀을 참으로 낳으신 이여, 당신을 찬양하나이다.

아멘.

During Great Lent		
During Great Lent	Prayer of St. Ephraim the Syrian	
	O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. (<i>prostration</i>)	
	But give rather the spirit of chastity, humility, patience and love to Thy servant. (<i>prostration</i>)	
	Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (<i>prostration</i>)	
	O God, be gracious unto me, a sinner. (<i>12x, making a bow each time</i>)	
	O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (<i>prostration</i>)	

During Great Lent		
During Great Lent	Prayer of St. Basil the Great	
	<p>O Master and Lord, Jesus Christ our God, who art longsuffering towards our faults and hast brought us even unto this present hour, in which, hanging upon the life-giving Cross, Thou hast opened unto the good thief the way into Paradise, and destroyed death by death:</p>	
	<p>Be merciful to us, Thy humble and sinful and unworthy servants. For we have sinned and transgressed, and we are not worthy to lift up our eyes and look at the height of heaven, since we have forsaken the path of Thy righteousness and have walked according to the desires of our own hearts. But we pray Thee of Thy boundless goodness, spare us, O Lord, according to the abundance of Thy mercy, and save us for Thy Holy Name's sake, for our days have been consumed in vanity. Pluck us from the hand of the adversary, forgive us our sins, and kill our fleshly lusts, that putting off the old man, we may put on the new, and may live for Thee our Master and Protector; and that so, following Thine ordinances, we may attain to eternal rest, in the place where all the joyful dwell.</p> <p>For Thou, O Christ our God, art indeed the true joy and gladness of those who love Thee, and unto Thee we ascribe glory, together with Thy Father who is without beginning, and Thy most holy, good and life-giving Spirit, now, and ever, and unto the ages ages. Amen.</p>	

Otherwise (if not Great Lent...)

Prayer of Saint Macarius

O Master, God, Father Almighty, Lord, Only-begotten Son, Jesus Christ, and the Holy Spirit, one Godhead, one Power, have mercy on me a sinner, and by the judgments which Thou discernest, save me Thine unworthy servant; for blessed art Thou unto ages of ages. Amen.

If Great Lent, then Typica immediately follows, omitting Psalms 102 and 145, and beginning with the Beatitudes

If Ninth Hour is ready separately from the Typical Psalms, then:

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

Lord, have mercy (3x)

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

영광이 성부와 성자와 성신께
이제와 항상 또 영원히 있나이다. 아멘.

주여, 불쌍히 여기소서. (3 번 반복)

아멘.

Otherwise, continue with the Typical Psalms . . .

THE TYPICAL PSALMS

The Typical Psalms:	
Hapgood	This Prayer Book
<ul style="list-style-type: none"> • • Psalm 102 • Glory, Psalm 145, Both Now • Only Begotten Son • Beatitudes • Glory 	<ul style="list-style-type: none"> • O Come Let us Worship • Psalm 102 • Glory, Psalm 145, Both Now • Only Begotten Son • Beatitudes • Glory
<ul style="list-style-type: none"> • Troparia of the Typica • The Creed • Prayer of Forgiveness • Our Father 	<ul style="list-style-type: none"> • Resurrectional Troparion & Troparia of the Typica • The Creed • Prayer of Forgiveness • Our Father
<ul style="list-style-type: none"> • Collect Hymn • Glory, "Give rest to the souls", Both Now • Kontakion of the Theotokos – "O Protection of Christians" 	<ul style="list-style-type: none"> • Resurrectional Kontakion & Collect Hymn • Glory, "Give rest to the souls", Both Now • Kontakion of the Theotokos – "O Protection of Christians"
	<ul style="list-style-type: none"> • Prokeimenon • Epistle • Alleluias • Gospel
<ul style="list-style-type: none"> • Mercy x 12 • O All Holy Trinity 	<ul style="list-style-type: none"> • Mercy x 40 • O All Holy Trinity
	<ul style="list-style-type: none"> • Blessed be the Name of the Lord • Psalm 33
<ul style="list-style-type: none"> • Meet it Is • More Honorable • Glory • Mercy x 3 • Through the Prayers 	<ul style="list-style-type: none"> • Meet it Is • More Honorable • Glory • Mercy x 3 • Through the Prayers
	<ul style="list-style-type: none"> • Intercessions • Catechetical Lessons

<p>+ O come, let us worship God our King.</p> <p>+ O come, let us worship and fall down before Christ our King and our God.</p> <p>+ O come, let us worship and fall down before Christ Himself, our King and our God.</p>	<p>임금이신 우리 하느님 앞에 와서 엎드려 경배합시다.</p> <p>그리스도 임금이신 우리 하느님 앞에 와서 엎드려 경배합시다.</p> <p>그리스도 임금이신 우리 하느님 그의 앞에 와서 엎드려 경배합시다.</p>
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Psalm 102 (103)

CHOIR: Bless the Lord, O my soul, and all that is within me, bless His holy name. Bless the Lord, O my soul, and forget not all His benefits, Who cleanseth all thy transgressions, Who healeth all thine infirmities, Who redeemeth thy life from destruction, Who crowneth thee with mercy and compassion,

READER: Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the Sons of Israel the things that He hath willed.

CHOIR: Compassionate and merciful is the Lord, longsuffering and of great mercy.

READER: Not unto the end will He be angered, neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us, Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him. For He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion.

READER: Glory be to the Father, and to the Son, and to the Holy Spirit, Both now and ever, and unto the ages of ages. Amen.

CHOIR: Bless the Lord O my soul, and all that is within me, Bless his holy name. Blessed art Thou, O Lord.

CHOIR: 내 영혼아, 야훼를 찬미하여라. 속으로부터 그 거룩한 이름을 찬미하여라. 내 영혼아, 야훼를 찬미하여라. 베푸신 모든 은덕 잊지 마라. 네 모든 죄를 용서하시고 네 모든 병을 고쳐주신다. 네 목숨을 구렁에서 건져주시고 사랑과 자비의 관을 씌워주신다.

READER: 네 인생에 복을 가득 채워주시어 독수리 같은 젊음을 되찾아주신다. 야훼께서는 정의를 펴시고 모든 억눌린 자들의 권리를 찾아주신다. 모세에게 당신의 뜻을 밝혀주시고 이스라엘 자손에게 그 강한 일을 알리셨다.

CHOIR: 야훼께서는 자비하시고 은혜로우시며 화를 참으시고 사랑이 넘치신다.

READER: 끝까지 따지지 아니하시고 앙심을 오래 품지 않으신다. 우리 죄를 그대로 묻지 않으시고 우리의 잘못을 그대로 갚지 않으신다. 높기가 땅과 하늘에 비길 수 있고, 경외하는 자에게는 그 사랑 그지없으시다. 동에서 서가 먼 것처럼 우리의 죄를 멀리 치우시고 아버가 자식을 어여뵈 여기듯이 야훼께서는 당신 경외하는 자를 어여뵈 여기시니 우리의 됴됨이를 알고 계시며 우리가 한낱 티끌임을 아시기 때문이다. 인생은 풀과 같은 것, 들에 핀 꽃처럼 한번 피었다가도 높기가 땅과 하늘에 비길 수 있고, 경외하는 자에게는 그 사랑 그지없으시다. 동에서 서가 먼 것처럼 우리의 죄를 멀리 치우시고 아버가 자식을 어여뵈 여기듯이 야훼께서는 당신 경외하는 자를 어여뵈 여기시니 우리의 됴됨이를 알고 계시며 우리가 한낱 티끌임을 아시기 때문이다. 인생은 풀과 같은 것, 들에 핀 꽃처럼 한번 피었다가도 그의 모든 군대들아, 그 뜻을 받들어 모시는 신하들아, 야훼를 찬미하여라. 너희 모든 피조물들아, 그가 다스리는 모든 곳에서 야훼를 찬미하여라. 내 영혼아, 야훼를 찬미하여라.

READER: 영광이 성부와 성자와 성신께 이제와 항상 또 영원히 있나이다. 아멘.

CHOIR: Bless the Lord O my soul, and all that is within me, Bless his holy name. Blessed art Thou, O Lord.

CHOIR: Glory to the Father, and to the + Son,
and to the Holy Spirit.

Psalm 145 (146)

CHOIR: Praise the Lord, O my soul;
I will praise the Lord in my life,
I will sing unto my God as long as I shall be.
Trust not in the princes in the sons of men,
in whom there is no salvation.
His spirit shall go forth,
and he shall return to his earth;
In that day all his thoughts shall perish.

READER: Blessed is he of whom the God of Jacob is his help, whose hope is in the Lord his God. Who hath made heaven and earth, the sea and all that is therein. Who keepeth truth unto eternity, Who executeth judgment for the wronged, Who giveth food unto the hungry. The Lord looseth the fettered; the Lord maketh wise the blind; the Lord setteth aright the fallen; the Lord loveth the righteous; The Lord preserveth the proselytes. He shall adopt for His own the orphan and widow, and the way of sinners shall He destroy.

CHOIR: The Lord shall be King forever,
thy God O Sion from generation to generation.

READER: Both now and ever, and unto the
ages of ages. Amen.

Only begotten Son and Word of God, who art immortal,
and didst deign for our salvation to be incarnate of the holy Theotokos and Ever-virgin Mary, and without change didst become man. Thou who wast crucified, O Christ our God, trampling down Death by death, being One of the Holy Trinity, glorified together with the Father and the Holy Spirit. Save us, O save us.

CHOIR: 영광이 성부와 성자와 성신께

Psalm 145 (146)

CHOIR: 할렐루야, 내 마음 야훼를 찬양하리라.
한평생 야훼를 찬양하리라. 이 목숨 있는 동안
수금 타며 하느님을 찬양하리라. 너희는
권력가들을 믿지 마라. 사람은 너희를 구해 줄 수
없으니 숨 한번 끊어지면 흙으로 돌아가고 그
때에는 모든 계획 사라진다.

READER: 복되어라, 야곱의 하느님께 도움받는
사람! 자기 하느님 야훼께 희망을 거는 사람!
하느님은 하늘과 땅, 바다와 거기에 있는 모든
것을 지으신 분, 언제나 신의를 지키시고 억눌린
자들의 권익을 보호하시며, 굶주린 자들에게
먹을 것을 주시고 야훼는, 묶인 자들을
풀어주신다. 야훼, 앞 못 보는 자들을 눈뜨게
하시고 야훼, 거꾸러진 자들을 일으켜주시며
야훼, 의인을 사랑하신다. 야훼, 나그네를
보살피시고, 고아와 과부들을 붙들어주시나
악인들의 길은 멸망으로 이끄신다.

CHOIR: 야훼, 영원히 다스리시니 시온아, 네
하느님이 영원히 다스리신다.

READER: 이제와 항상 또 영원히 있나이다. 아멘.

The Beatitudes

During Great Lent: the [R]efrain: “Remember us O Lord, when Thou comest into Thy kingdom.” is added instead of the [V]erses.

In Thy kingdom remember us, O Lord,
when Thou comest in Thy kingdom.

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

+ Blessed are they that mourn, for they
shall be comforted. [R]

+ Blessed are the meek, for they shall
inherit the earth. [R]

+ Blessed are they that hunger and thirst
after righteousness, for they shall be sated.
[R]

+ Blessed are the merciful, for they shall
obtain mercy. [V/R]

+ Blessed are the clean of heart, for they
shall see God. [V/R]

+ Blessed are the peacemakers, for they
shall be called the children of God. [V/R]

+ Blessed are they that are persecuted for
righteousness' sake, for theirs is the
kingdom of heaven. [V/R]

+ Blessed are ye when men shall revile you
and persecute you, and shall say all manner
of evil against you falsely for My sake.
[V/R]

Rejoice and be glad, for great is your
reward in Heaven. [V/R]

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

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

In Thy kingdom remember us, O Lord, when Thou
comest in Thy kingdom.

마음이 가난한 사람은 행복하다. 하늘 나라가
그들의 것이다.

슬퍼하는 사람은 행복하다. 그들은 위로를 받을
것이다. [R]

온유한 사람은 행복하다. 그들은 땅을 차지할
것이다. [R]

옳은 일에 주리고 목마른 사람은 행복하다.
그들은 만족할 것이다. [R]

자비를 베푸는 사람은 행복하다. 그들은 자비를
입을 것이다. [V/R]

마음이 깨끗한 사람은 행복하다. 그들은
하느님을 뵈게 될 것이다. [V/R]

평화를 위하여 일하는 사람은 행복하다. 그들은
하느님의 아들이 될 것이다. [V/R]

옳은 일을 하다가 박해를 받는 사람은
행복하다. 하늘 나라가 그들의 것이다. [V/R]

나 때문에 모욕을 당하고 박해를 받으며
터무니없는 말로 갇은 비난을 다 받게 되면
너희는 행복하다. [V/R]

기뻐하고 즐거워하여라. 너희가 받을 큰 상이
하늘에 마련되어 있다. [V/R]

영광이 성부와 성자와 성신께

이제와 항상 또 영원히 있나이다. 아멘.

TONE 1 -- Verses on the beatitudes

Through food, the enemy led Adam out of Paradise; and through the Cross Christ led the thief back into it crying: Remember me, O Lord, when Thou comest into Thy kingdom.

I venerate Thy sufferings and glorify Thy resurrection. With Adam and with the thief I raise a shining cry to Thee: Remember me, O Lord, when Thou comest into Thy kingdom.

Without sin, hast Thou been crucified, and of Thine own will hast Thou been laid in the tomb. But Thou as God hast risen raising Adam with Thyself, crying: Remember me, when Thou comest into Thy kingdom.

On the third day, O Christ our God, Thou hast raised from the tomb the temple of Thy "body raising with Thyself Adam and those descending from him, crying: Remember me when Thou comest into Thy kingdom.

The women bearing myrrh came early in the morning lamenting to Thy tomb, O Christ our God, and they found there an angel in shining white seated and crying; What do ye seek? Christ is risen, weep no more.

O Lord, Thine apostles as Thou hast ordered them were beside Thee on the mountain and seeing Thee. O Savior, they worshipped and Thou hast sent them forth to teach and to baptize the nations.

TONE 2 -- Verses on the beatitudes

We offer Thee the voice of the thief and cry aloud to Thee; Remember us, O Savior in Thy kingdom.

We bring Thee the cross for the forgiveness of offences. For us hast Thou accepted it, O lover of mankind.

We venerate, O Master, Thy tomb and Thy rising, through which Thou hast delivered the world from corruption, O lover of mankind.

By Thy death, O Lord, death has been swallowed up, and by Thy resurrection, Savior, has the world been saved.

Those sleeping in darkness have seen Thee, the light, and they have risen out of the nethermost parts of hell, O Christ.

Risen from the tomb Thou hast met the women bearing myrrh and told the disciples to proclaim Thy rising.

TONE 3 -- Verses on the beatitudes

O Christ, Thou hast cast out of Paradise Adam, the forefather, who had set aside Thy commandment. And in Thy compassion, Thou hast made to dwell therein the thief confessing Thee upon the cross and crying; Remember me, O Savior, in Thy kingdom.

O giver of life and lord, Thou hast condemned us having sinned to the curse of death. And suffering in Thy sinless body Thou hast made mortal men live crying: Remember us also in Thy kingdom.

O Lord, risen from the dead, Thou hast raised us from passions by Thy resurrection. And Thou hast destroyed all the might of death. Therefore we cry with faith to Thee: Remember us also in Thy kingdom.

By Thy three days' burial hast Thou, making them live, raised those lying dead in hell. And Thou as good hast poured forth incorruption upon us who at all times cry with faith; Remember us also in Thy kingdom.

Risen from the tomb, Thou hast first appeared to the women bearing myrrh and hast cried: Rejoice! and through them Thou dost make known Thy rising to Thy friends, O Christ; Remember us also in Thy kingdom.

On the mountain, Moses, holding his arms outspread prefigured the cross and defeated Amalek. And we having received it with faith as a strong weapon against devils all cry: Re-member us in Thy kingdom.

TONE 4 -- Verses on the beatitudes

Through a tree, Adam was deprived of his home in Paradise; while through the wood of the cross, the thief went there to dwell. For the one by tasting set aside the commandment of the Maker, while the other, crucified with Him, confessed the hidden God crying aloud: Remember me in Thy kingdom.

Lifted upon the cross, Thou, O Lord, as God, hath both destroyed the power of death and blotted out the handwriting against us. Do Thou Who alone lovest mankind, grant us the repentance of the thief as we serve Thee with faith, O Christ our God, and cry to Thee: Remember us also in Thy kingdom.

Crucified and rising from the tomb in power on the third day, with Thyself hast Thou, only Immortal, raised Adam, the first-formed man. Make me also worthy, O Lord, to turn to repentance with my whole heart and with warm faith ever to cry to Thee: Remember me, O Savior, in Thy kingdom.

Thou hast torn to pieces on the cross, the handwriting against, us and counted among the dead, Thou hast bound yonder tyrant, delivering all from the bonds of hell by Thy resurrection. Through it we have been enlightened and cry aloud to Thee, Lord who lovest mankind: Remember us also in Thy kingdom.

For our sake He Who is without passion, became a suffering man and nailed upon the cross of His own will, He raised us with Himself. Therefore with the cross we glorify the passion and the resurrection through which we have both been made anew and through which we have been saved, crying: Remember us also in Thy kingdom.

Let us entreat with faith Him rising from the dead despoiling the power of hell, Who was seen by the women bearing myrrh and said to the: Rejoice! for our souls always to be delivered from corruption, crying at all times to Him with the gracious voice of the thief: Remember us also in Thy kingdom.

TONE 5 -- Verses on the beatitudes

The thief on the cross believing Thee to be God confessed Thee earnestly from his heart, crying aloud:
O Lord, remember me in Thy kingdom.

Let us with one accord praise as Savior and creator Him Who made life flower for our kind by the wood
of the cross and Who withered the curse coming from the tree.

By Thy death, O Christ, Thou hast destroyed the might of death and hast raised with Thyself those dead
from the ages praising Thee as our true God and Savior.

The holy women having come to the tomb, O Christ, sought to anoint Thee, giver of life, with myrrh,
and an angel appeared to them crying aloud: The Lord is risen.

Thou hast been crucified, O Christ, between two condemned thieves and one of them blaspheming Thee
was rightly sentenced, while the other, confessing Thee, went to dwell in Paradise.

The holy women coming to the choir of the apostles lifted their voices crying; Christ is risen; Worship
ye Him as master and creator.

TONE 6 -- Verses on the Beatitudes

Remember me, my God and Savior, when Thou comest into Thy kingdom and save me as Thou alone
lovest mankind.

Through the wood of the cross Thou hast saved again Adam who was beguiled by the tree and the thief
as he cried aloud: Remember me, O Lord, in Thy kingdom.

O giver of life, having broken the gates and chains of hell; Thou, Savior, hast made all men rise crying
aloud: Glory to Thy resurrection.

Do Thou Who hast by Thy burial and Thy resurrection despoiled death, and filled all things with joy,
remember me as Thou art compassionate.

When the women bearing myrrh came to the tomb they heard an angel crying; Christ is risen, filling the
whole world with light.

Let us all praise with one accord Christ nailed to the wood of the cross thus delivering the world from
error.

TONE 7 -- Verses on the beatitudes

Fair to look upon and good for food was the fruit that killed me; while Christ is the tree of life. Eating thereof, I die not but cry aloud with the thief; Remember me, O Lord, in Thy kingdom.

Lifted upon the cross, Thou Who art compassionate, hast blotted out the handwriting of Adam's sin in days of old, and Thou hast saved from error all the whole line of mortal men. Therefore we sing Thy praises, O benefactor and Lord.

Thou hast nailed our sins upon the cross, O Christ Who art compassionate, and by Thy death hast Thou put death to death, raising the dead from the dead. Therefore we venerate Thy holy Resurrection.

The serpent once emptied his poison into the ears of Eve; while Christ on the wood of the cross poured the sweetness of life into the world. Remember me, O Lord, in Thy kingdom.

In the tomb wast Thou laid as mortal, O Christ, the life of all and Thou hast burst asunder the chains of hell and risen the third day in glory as mighty. Thou hast enlightened all. Glory to Thy rising.

The Lord rose from the dead on the third day and gave His own peace to the disciples. And He blessed them and sent them forth saying: Lead ye all men into My kingdom.

TONE 8 -- Verses on the beatitudes

Remember us, O Christ, Savior of the world, as Thou hast remembered the thief upon the cross. And make us all worthy of Thy heavenly kingdom, O Thou Who alone art compassionate.

Hearken, O Adam, and rejoice with Eve, for He Who formerly stripped you both and took thee captive through beguilement, is laid low by the cross of Christ.

Our Savior, having been nailed by Thine own will upon the tree, Thou hast destroyed the curse of the tree that lay on Adam and as Thou art compassionate, Thou hast given those in Thine image a dwelling place in Paradise.

Today Christ is risen from the tomb giving all the faithful incorruption and He gives back joy to the women bearing myrrh: After the Passion, the Resurrection!

Rejoice O ye wise women bearing myrrh, first to see the Resurrection of Christ, and Who announced to the apostles the good tidings thereof, that is, the restoration of the whole world.

Ye apostles appearing as friends of Christ having the same throne as His in glory intercede as His disciples for us to stand before Him with boldness.

Resurrectional Troparion

Tone 1	Troparion: When the stone had been sealed by the Jews; while the soldiers were guarding Thy most pure Body; Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: Glory to Thy Resurrection, O Christ! Glory to Thy Kingdom! Glory to Thy dispensation, O Thou who lovest mankind.
Tone 2	Troparion: When Thou didst descend to death, O Life Immortal, Thou didst slay hell with the splendor of Thy Godhead! And when from the depths Thou didst raise the dead, all the powers of heaven cried out: O Giver of Life! Christ our God! Glory to Thee!
Tone 3	Troparion: Let the heavens rejoice! Let the earth be glad! For the Lord has shown strength with His arm! He has trampled down death by death! He has become the first-born of the dead! He has delivered us from the depths of hell, and has granted the world great mercy!
Tone 4	Troparion: When the women disciples of the Lord learned from the angel the joyous message of Thy resurrection; they cast away the ancestral curse and elatedly told the apostles: Death is overthrown! Christ God is risen, granting the world great mercy.
Tone 5	Troparion: Let us, the faithful, praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead by His glorious Resurrection.
Tone 6	Troparion: The angelic powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure Body. Thou didst capture hell, not being tempted by it. Thou didst come to the Virgin, granting life. O Lord who didst rise from the dead: glory to Thee!
Tone 7	Troparion: By Thy Cross, Thou didst destroy death! To the thief, Thou didst open Paradise! For the myrrh bearers, Thou didst change weeping into joy! And Thou didst command Thy disciples, O Christ God, to proclaim that Thou art risen, granting the world great mercy!
Tone 8	Troparion: Thou didst descend from on high, O Merciful One! Thou didst accept the three-day burial to free us from our sufferings! O Lord, our Life and Resurrection: glory to Thee!

Troparia of the Typica

Reader: + Remember us, O Lord, when Thou comest in Thy kingdom. + Remember us, O Master, when Thou comest in Thy kingdom. + Remember us, O Holy One, when Thou comest in thy kingdom.

The heavenly choir praiseth Thee and saith:
Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Come unto Him, and be enlightened, and your faces shall not be ashamed.

The heavenly choir praiseth Thee and saith:
Holy, Holy, Holy, Lord of Sabaoth! heaven and earth are full of Thy 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 hosts, praiseth Thee and saith:
Holy, Holy, Holy. Lord of Sabaoth; heaven and earth are full of Thy glory.

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

THE CREED (신앙의 신조)

I believe in one God, the Father almighty, Maker of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, The only-begotten, begotten of the Father before all ages, Light of Light, true God of true God, begotten, not made, of one essence with the Father, by whom all things were made.

Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary and became man; and was crucified also for us under Pontius Pilate, and suffered and was buried; and the third day He rose again according to the scriptures; and ascended into heaven and sitteth at the right hand of the Father.

And He shall come again with glory to judge the living and the dead; of His kingdom there shall be no end.

And in the Holy Spirit, the Lord, the giver of life, who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, who spake by the prophets.

In one Holy Catholic and Apostolic Church; I confess one baptism for the forgiveness of sins; I look for the resurrection of the dead, and the life of the Age to come. Amen.

Reader: Remit, forgive, pardon, O God, our transgressions voluntary and involuntary, in word and in deed, in knowledge and in ignorance, by night and by day, in mind and in intention: pardon us all, for Thou art good and lovest man.

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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one. Amen.

1. 한 분이신 하느님 아버지, 전능하시고, 하늘과 땅과 유형 무형한 만물의 창조주이신 하느님을 믿나이다.
2. 그리고 또 오직 한 분이신 주 예수 그리스도를 모든 세대에 앞서, 성부로부터 나신 하느님의 외아들이시며, 빛으로부터 나신 빛이시요, 참 하느님으로부터 나신 참 하느님으로써, 창조되지 않고 나시어, 성부와 일체이시며, 만물이 다 이 분으로 말미암아 창조되었음을 믿나이다.
3. 우리 인간을 위하여 우리 구원을 위하여 하늘에서 내려 오셔서, 성신으로, 또 동정녀 마리아께 혈육을 취하시고, 사람이 되심을 믿으며,
4. 본디오 빌라도 시대에 우리를 위하여 고난을 받으시고 십자가에 못 박히시고 묻히심을 믿으며,
5. 성경 말씀대로 사흘만에 부활하시고,
6. 하늘에 올라 성부 오른편에 앉아 계시며,
7. 산 이와 죽은 이를 심판하러 영광 속에 다시 오시리라 믿나니, 그의 나라는 끝이 없으리이다.
8. 그리고 주님이시며, 생명을 주시는 성신을 믿나니, 성신은 성부께서 쫓아나시며, 성부와 성자와 더불어 같은 흠숭과 같은 영광을 받으시며, 예언자를 통하여 말씀하셨나이다.
9. 하나인, 거룩하고, 공변되고, 사도로부터 이어오는 교회를 믿나이다.
10. 죄를 사하는 하나의 세례를 알고 믿나이다,
11. 죽은 이들의 부활과,
12. 후세의 영생을 굳게 믿고 기다리나이다. 아멘.

하늘에 계신 우리 아버지, 아버지의 이름이 거룩하게 하시며, 아버지의 나라가 오게 하시며, 아버지의 뜻이 하늘에서와 같이 땅에서도 이루어지게 하소서.

오늘 우리에게 필요한 양식을 주시고 우리가 우리에게 잘못된 이들을 용서하듯이 우리의 잘못을 용서하시고 우리를 유혹에 빠지지 않게 하시고 악에서 구하소서. 아멘.

Resurrectional Kontakion

Tone 1	Kontakion: As God, Thou didst rise from the tomb in glory, raising the world with Thyself, Human nature praises Thee as God, for death has vanished! Adam exults, O Master! Eve rejoices, for she is freed from bondage, and cries to Thee: Thou art the Giver of Resurrection to all, O Christ!
Tone 2	Kontakion: Hell became afraid, O almighty Savior, seeing the miracle of Thy Resurrection from the tomb! The dead arose! Creation with Adam, beheld this and rejoiced with Thee! And the world, O my Savior, praises Thee forever.
Tone 3	Kontakion: On this day Thou didst rise from the tomb, O Merciful One, leading us from the gates of death. On this day Adam exults as Eve rejoices; with the prophets and patriarchs they unceasingly praise the divine majesty of Thy power!
Tone 4	Kontakion: My Savior and Redeemer as God rose from the tomb and delivered the earthborn from their chains. He has shattered the gates of hell, and as Master, He has risen on the third day!
Tone 5	Kontakion: Thou didst descend into hell, O my Savior, shattering its gates as Almighty; resurrecting the dead as Creator, and destroying the sting of death. Thou hast delivered Adam from the curse, O Lover of Man, and we all cry to Thee: O Lord, save us!
Tone 6	Kontakion: When Christ God, the Giver of Life, raised all of the dead from the valleys of misery with His mighty hand, He bestowed resurrection on the human race. He is the Savior of all, the Resurrection, the Life, and the God of all.
Tone 7	Kontakion: The dominion of death can no longer hold men captive, for Christ descended, shattering and destroying its powers! Hell is bound, while the prophets rejoice and cry: The Savior has come to those in faith! Enter, you faithful, into the Resurrection!
Tone 8	Kontakion: By rising from the tomb, Thou didst raise the dead and resurrect Adam. Eve exults in Thy Resurrection, and the world celebrates Thy Rising from the dead, O greatly Merciful One!

Collect Hymn (Kontakion) for the Russian Church

O ye blossoms of the spiritual meadow of Russia, who have wondrously flowered in the years of fierce persecutions, numberless new martyrs and confessors: royal passion-bearers, hierarchs, and pastors, monastics and laymen, men, women, and children, who in patience have brought forth good fruit unto Christ. Entreat Him as the One Who planted you to deliver His people from godless and evil people, and that the Church of Russia be made firm by your blood and sufferings, unto the salvation of our souls.

Glory be to the Father, and to the + Son, and to the Holy Spirit 영광이 성부와 성자와 성신께

To the souls of Thy servants O Lord, give rest with Thy Saints, where there is neither sickness, nor sorrow, nor sighing, but life everlasting.

Both now and ever and unto all Ages of Ages. Amen. 이제와 항상 또 영원히 있나이다. 아멘.

Kontakion of the Theotokos

O Protection of Christians that cannot be put to shame, O mediation unto the Creator unfailing, disdain not the suppliant voices of sinners; but be thou quick, O good one, to help us who in faith cry unto thee: Hasten to intercession and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

THE PROKEIMENON**쁘로끼메논****Reader:** The Prokeimenon In the ____ Tone.**Reader:** (Prokeimenon)**Choir:** Repeat the Prokeimenon.**Reader:** (Verse)**Choir:** Repeat the Prokeimenon.**Reader:** (1st half of Prokeimenon)**Choir:** Sing the Last Half of the Prokeimenon**THE HOLY EPISTLE****Reader:** The reading of the Holy Epistle of Saint Paul
the Apostle to _____**Reader:** (THE HOLY EPISTLE)**Alleluias****Reader:** Alleluia, Alleluia, Alleluia, in the ____ Tone.**Choir:** Alleluia, Alleluia, Alleluia**Reader:** <Verse 1>**Choir:** Alleluia, Alleluia, Alleluia**Reader:** <Verse 2>

	Prokeimenon	Alleluia Verses
Tone 1	Psalm 32:22, 1 Let thy mercy be upon us, O Lord, as we have set our hope on thee. Verse: Rejoice in the Lord, ye righteous; praise becometh the upright.	Psalm 17:47, 50 It is God who giveth me vengeance, and hath subjected peoples under me. Verse: Who magnifieth the salvations of his king, and showeth mercy to David his anointed and to his seed for ever.
Tone 2	Psalm 1 1 7:14, 18 My might and my song is the Lord, and He is become my salvation. Verse: The Lord hath sorely chastened me; but He hath not given me over unto death.	Psalm 19:2, 10 The Lord hear thee in the day of tribulation; the name of the God of Jacob defend thee. Verse: O Lord, save the king and hearken unto us, in what day soever we shall call upon thee.
Tone 3	Psalm 46:6, 1 Sing psalms unto our God, sing psalms; sing psalms unto our King, sing psalms. Verse: All ye nations, clap your hands; shout unto God with a joyful voice.	Psalm 30:1, 2 In thee, O Lord, have I hoped; let me never be ashamed. Verse: Be thou unto me as God defender, and a House of refuge in order to save me.
Tone 4	Psalm 103:24, 1 How great are thy works become, O Lord; in wisdom hast thou made them all. Verse: Bless the Lord, O my soul; O Lord my God, thou art become exceeding great.	Psalm 44:4, 7 Draw thy bow, and prosper, and reign, because of truth and meekness and righteousness. Verse: Thou hast loved righteousness and hated transgression.
Tone 5	Psalm 11:8, 1 Thou, O Lord, shalt keep us and guard us from this generation and forevermore. Verse: Save me, O Lord, for there is not one holy man left.	Psalm 88:2, 3 Thy mercies, O Lord, I shall sing forever; from generation to generation shall I declare thy truth with my mouth. Verse: For thou hast said, Mercy shall be built up forever; thy truth shall be made ready in the heavens.
Tone 6	Psalm 27:9, 1 Save, O Lord, thy people; and bless thine inheritance. Verse: To thee, O Lord, have I cried; O my God, keep thou not silent toward me.	Psalm 90:1, 2 He that dwelleth in the help of the Most High, under the shelter of the God of heaven shall abide. Verse: He shall say to the Lord, Thou art my succor, and my refuge, my God, and I shall hope in Him.
Tone 7	Psalm 28:1 1, 1 The Lord will give strength to His people; the Lord will bless His people with peace. Verse: Bring unto the Lord, ye sons of God, bring young rams unto the Lord.	Psalm 91:1, 2 It is good to confess to the Lord, and to sing psalms to thy name, O Most High. Verse: To proclaim thy mercy in the morning and thy truth in the night.
Tone 8	Psalm 75: 1 1, 1 Pray ye, and render unto the Lord our God. Verse: In Judea is God known; in Israel great is His name.	Psalm 94:1, 2 O come, let us rejoice unto the Lord; let us shout unto God our Savior. Verse: Let us come before His presence in confession, and in psalms let us shout unto Him.

THE HOLY GOSPEL

Reader: The Reading from the Holy Gospel
according to Saint _____

Glory to Thee, O Lord, Glory to Thee.

Reader: (THE HOLY GOSPEL)

Glory to Thee, O Lord, Glory to Thee.

During Great Lent		
During Great Lent	Lord, have mercy. (40x)	주여, 불쌍히 여기소서. (40 번 반복)
	Glory be to the Father, and to the + Son, and to the Holy Spirit. Amen.	영광이 성부와 성자와 성신께 아멘.
	More Honorable than the Cherubim and more glorious, without compare, than the Seraphim; Thou who, without corruption, gavest birth to God the Word; verily Theotokos, we magnify Thee.	헤루빔보다 더 고귀하시고, 세라핌 보다 더 영화로우신 성모님이며, 동정으로 하느님이신 말씀을 참으로 낳으신 이여, 당신을 찬양하나이다.
	Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and save us. Choir: Amen.	아멘.

During Great Lent	
During Great Lent	Prayer of St. Ephraim the Syrian
	O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. (<i>prostration</i>)
	But give rather the spirit of chastity, humility, patience and love to Thy servant. (<i>prostration</i>)
	Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (<i>prostration</i>)
	O God, be gracious unto me, a sinner. (<i>12x, making a bow each time</i>)
	O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (<i>prostration</i>)

If not Great Lent . . .

Reader: Lord, have mercy (12x)

주여, 불쌍히 여기소서. (40 번 반복)

O All-Holy Trinity, consubstantial Might, Kingdom undivided, Source of all good things, be gracious also unto me, a sinner. Establish and give understanding to my heart, and take away from me every defilement. Enlighten my mind, that I may continually glorify, hymn, and worship Thee, and say: One is Holy, one is Lord, Jesus Christ, in the glory of God the Father. Amen.

아멘.

Blessed be the Name of the Lord, henceforth and forever-more. **(3x)**

Psalm 33 (34)

A Psalm of David, when he changed his countenance before Abimelech; and he let him go, and he departed.

Choir: I will bless the Lord at all times,
His praise will be continually in my mouth.
In the Lord my soul shall make her boast.
Let the meek hear and be glad.
Magnify the Lord with me,
and let us exalt His Name together.
I sought the Lord and he heard me,
and delivered me from all my afflictions.
They drew near to Him and were
enlightened,
and your faces shall not be ashamed.
This poor one cried and the Lord heard him,
and saved him from all his tribulations.
The Angel of the Lord will encamp round
about them that fear Him,
and shall deliver them.
Taste and see that the Lord is good;
Blessed is the man who hopeth in Him.
Fear the Lord all ye his saints,
for there is no lack for them that fear him.
The rich have become poor and hungry;
but they that seek the Lord shall not
want any good thing.

Reader: Come ye children, hearken unto
me; I will teach you the fear of the Lord.
What man is there that desireth life, who
loveth to see good days? Keep thy tongue
from evil, and thy lips from speaking guile.
Turn away from evil and do good; seek
peace, and pursue it. The eyes of the Lord
are upon the righteous, and His ears are
opened unto their supplication. The face of
the Lord is against them that do evil, utterly
to destroy the remembrance of them from
the earth. The righteous cried, and the Lord
heard them, and He delivered them out of
all their tribulations. The Lord is nigh unto
them that are of a contrite heart, and He
will save the humble of spirit. Many are the
tribulations of the righteous, and the Lord
shall deliver them out of them all. The Lord
keepeth all their bones, not one of them
shall be broken. The death of sinners is evil,
and they that hate the righteous shall do
wrong. The Lord will redeem the souls of His
servants, and none of them will do wrong
that hope in Him.

Choir: 나 어떤 일이 있어도 야훼를 찬양하리라.
주를 찬양하는 노래 내 입에서 그칠 날이
없으리라. 나의 자랑, 야훼께 있으니 비천한
자들아, 듣고 기뻐하여라. 나와 함께 "야훼,
높으시오다." 노래부르자. 모두 소리 맞춰 그
이름을 기리자. 야훼 찾아 호소할 때
들어주시고 몸서리쳐지는 곤경에서
건져주셨다. 그를 쳐다보는 자, 그 얼굴 빛나고
부끄러운 꼴 당하지 아니하리라. 가없는 자의
부르짖음을 야훼, 들으시고 곤경에서
건져주셨다. 야훼의 천사가 그를 경외하는
자들 둘레에 진을 치고 그들을 구해 주셨다.
너희는 야훼의 어지심을 맞들이고 깨달아라.
그에게 피신하는 자는 복되다. 야훼의 거룩한
백성아, 두려운 마음으로 그를 섬겨라. 두려운
마음으로 그를 섬기면 아쉬울 것 없으리라.
맹수들은 먹이 찾아 배고플지 모르나 야훼를
찾는 사람은 온갖 복을 받아 부족함이
없으리라.

Reader: 젊은이들아, 와서 내 말을 들어라.
두려운 마음으로 야훼 섬기는 길을 가르쳐주마.
즐거운 날을 보내고 싶으냐? 좋은 일을 보며
오래 살고 싶으냐? 혀를 놀려 악한 말을 말고
입술을 놀려 거짓말을 마라. 못된 일을 하지
말고 착한 일을 하여라. 평화를 이루기까지
있는 힘을 다하여라. 야훼의 눈길, 의인들을
돌아보시고 그의 귀는 그들의 부르짖는 소리를
들으신다.
악한 일을 하고 야훼 앞에서 숨을 길 없다. 그
이름은 땅 위에서 영영 사라지고 말리라.
살려달라 소리치면 야훼께서 그 소리 들으시고,
모든 곤경에서 그들을 구해 주신다. 실망한
사람 옆에 야훼 함께 계시고 낙심한 사람들을
불들어주신다. 올바른 사람에게 불행이
겹쳐도 야훼께서는 모든 곤경에서 그를 구해
주시고 뼈 한마디도 부러지지 않도록
고이고이
지켜주신다. 악인들은 그 행실로써 죽음을
부르고 의인을 미워하는 자 멸망하리라.
야훼께서 당신 종의 목숨을 구하시니 그에게
피신하는 자는 죽지 아니하리라.

Meet it is in truth to bless thee, O Theotokos, who art ever blessed and all-blameless, and the Mother of our God. More honorable than the Cherubim and more glorious without compare than the Seraphim, who without corruption gavest birth to God the Word, verily Theotokos, we magnify thee.

More Honorable than the Cherubim and more glorious, without compare, than the Seraphim; Thou who, without corruption, gavest birth to God the Word; verily Theotokos, we magnify Thee.

Glory be to the Father, and to the + Son, and to the Holy Spirit. Amen.

Lord, have mercy. (3x)

항상 복되시고 지극히 순결하신 우리 하느님의 어머니 하느님을 낳으신 당신을 찬양함이 참으로 마땅하고 당연하나이다. 헤루빔보다 더 고귀하시고, 세라핌 보다 더 영화로우신 성모님이며, 동정으로 하느님이신 말씀을 참으로 낳으신 이여, 당신을 찬양하나이다.

헤루빔보다 더 고귀하시고, 세라핌 보다 더 영화로우신 성모님이며, 동정으로 하느님이신 말씀을 참으로 낳으신 이여, 당신을 찬양하나이다.

영광이 성부와 성자와 성신께
아멘.

주여, 불쌍히 여기소서. (3 번 반복)

Reader: Through the prayers of our holy Fathers, O Lord + Jesus Christ our God, have mercy on us and save us.

Amen.

Intercessions

Remember, O Lord Jesus Christ our God, Thy mercies and bounties which are from all eternity, and through which Thou didst become man and didst will to suffer crucifixion and death for the salvation of those who rightly believe in Thee, and having risen from the dead didst ascend into heaven, and sittest at the right hand of God the Father and regardest the humble entreaties of those who call upon Thee with all their heart: Incline thine ear, and hear the humble prayers of Thy worthless servants, as the fragrance of spiritual incense, which we offer to Thee for all people. And first remember Thy Holy Catholic and Apostolic Church, which Thou hast provided through Thy precious blood. Confirm, strengthen, extend, and increase her, and keep her in peace, and for ever proof against the power of hell. Calm the dissensions of the Churches, and foil the plans of the powers of darkness, dispel the prejudice of the nations and quickly ruin and root out the risings of heresy, and frustrate them by the power of the Holy Spirit.

Save, O Lord, and have mercy on our president and all in authority throughout the world, commanders-in-chief of armies and navies and air-fleets, governors of provinces and cities, and all the Christ-loving navies, armies, and police; protect their power with peace, and subdue under their feet every enemy and foe, and speak peace and blessing in their hearts for Thy holy church, and for all Thy people, and grant that in their calm we too may lead a quiet and peaceful life in true belief, in all piety and honesty.

Save, O Lord, and have mercy on Orthodox Bishops, the Priests and Deacons, Our Lord, the Most Blessed +HERMAN, Archbishop of Washington, Metropolitan of all American and Canada; Our Lord, the Most Reverend +DMITRI, Archbishop of Dallas and the South;
_____ and all who serve in the Church and whom Thou hast ordained to feed Thy spiritual flock; and by their prayers, have mercy on us sinners.

Clergy:

Save, O Lord, and have mercy on our parish priest(s); with all his (their) brethren in Christ, and by their prayers have mercy on us, wretches that we are.

Save, O Lord, and have mercy on our spiritual fathers and by their prayers forgive us our sins.

Save, O Lord, and have mercy on all workers in our parish, our brethren and sisters, and all Christians.

Save, O Lord, and have mercy on our parents, our brothers and sisters, and all of our relatives, and the neighbors of our families, and our friends
_____. And grant them Thy worldly and spiritual goods.

Family, Neighbors Friends:

Save, O Lord, and have mercy according to the multitude of Thy bounties, on all priests, monks, and nuns, and on all living in virginity, devotion, and fasting, in monasteries, in deserts, in caves, on mountains, on pillars, in hermitages, in the clefts of rocks, and right faith in every place of Thy dominion, and devoutly serving Thee, and praying to Thee. Lighten their burden, console them in their afflictions, and grant them strength, power, and perseverance in their struggle, and by their prayers grant us remission of our sins.

Save, O Lord, and have mercy on the old, and the young, the poor and destitute, the orphans and widows, the leper colonies, epileptics and spastics, and all those in sickness and sorrow, misfortune and tribulation _____, captives and exiles in mines, prisons, reformatories, psychiatric hospitals, and especially on those of Thy servants suffering persecution for Thy sake and for the Orthodox Faith from godless peoples, apostates, and heretics. Visit, strengthen, comfort, and heal them, and by Thy power quickly grant them relief, freedom, and deliverance.

Sick, Suffering:

Save, O Lord, and have mercy on our benefactors, who have mercy on us and feed us, and us of anxiety by giving us those things in which we stand of need, and entrust us, unworthy as we are, to pray for them _____; and give them Thy grace, and grant them all their requests which lead to salvation, and the attainment of eternal joy.

Benefactors:

Save, O Lord, and have mercy on all in our parish, and on all Orthodox Christians who are messengers and missionaries in Thy service, and are travelling.

Save, O Lord, and have mercy on those whom each of us hast offended or scandalized by our madness or inadvertence, and whom we have turned from the way of salvation, and whom we have led into evil and harmful deeds. By Thy divine providence restore them again to the way of salvation.

Save, O Lord, and have mercy on those who hate and offend us, and do us harm, and let them not perish through us sinners.

Illumine with the light of grace all apostates from the Orthodox Faith, and those blinded by pernicious heresies, and draw them to Thyself, and unite them to Thy Holy, Apostolic, Catholic Church.

Remember, O Lord, those who have departed from this life, Orthodox kings and queens, princes and princesses, Orthodox Patriarchs, Metropolitans, Archbishops, and Bishops, Priests and Deacons, and those who have served Thee in the Monastic State, and the departed founders of our church and grant them rest with the Saints in Thy eternal dwellings.

Remember, O Lord, the souls of Thy servants who have departed in sleep, our parents and all of our relatives according to the flesh _____; forgive them every transgression, voluntary and involuntary; grant them the kingdom and a part in Thy eternal joys, and the delight of Thy blessed and everlasting life. Amen.

Departed:

Catechetical Lessons

(A sermon of the Holy Fathers, or of a modern saint, or from his writings.)

APPENDICES

- I. Glossary
- II. From: A Manual of the Orthodox Church's Divine Services *by Archbishop Averky, Holy Transfiguration Monastery*
- III. Reading the Service Books While Traveling or at Home by Archpriest Sergei Shukin
- IV. St. Theophan the Recluse
 - a. Wandering Thoughts during Prayer (from Letter 31)
 - b. Prayer Rule (from Letter 47)

Glossary

Apolytikion: dismissal – dismissal hymn in honor of Christ, the Theotokos, or a Saint of their feast day

Aposticha: verses on verses – hymns based upon or relating to selected Psalm verses for the day

Beatitudes: blessings

Doxastichon: glory verse – a verse sung between Glory Be... and Both now...

Hours: Referring specifically to the 1st, 3rd, 6th, and 9th hours, but more generally to the daily cycle of the divine services.

Evening Services

- Ninth Hour (corresponds to our period from 3-6 PM - “None” in the West) – Our Lord’s Death
- Vespers – [the setting sun - gratitude for the day] – the evening service
- Compline – [forgiveness, rest, defense against the enemy] – the after dinner service

Morning Services

- Nocturnes, or the Midnight Service
[Our Lord’s nighttime prayers in the garden, keeping watch]
- Matins (celebrated before sunrise)
[Thanksgiving for the night and mercy for the approaching day]
- First Hour (corresponds to the first three hours of our daytime, 6-9AM)
[Thanksgiving for the new morning and prayer for a sinless day]

Daytime Services

- Third Hour (corresponds to our period from 9-12 AM - *Terce* in the West) – Pentecost
- Sixth Hour (corresponds to our period from 12-3 PM - *Sext* in the West) – The Crucifixion
- Typical Psalms (“Typica”) or Divine Liturgy

Kathisma: one of the twenty sections of the Psalter, the Orthodox book of Psalms

Kontakion: collect hymn – liturgical hymn that gives an abbreviated form of the meaning or history of the feast.

Lent: the fifty-days fast preceeding Holy Pascha

Megalynarion: a short verse, usually beginning with the word *magnify*

Prokeimenon: gradual introduction – an introductory verse on the theme of the epistle reading to follow

Sticheron: hymns designed to alternate with other verses (e.g. stichoi, stichera)

Theotokion: hymn to the Theotokos, the God-bearer

Trisagion: “Thrice Holy” – e.g. The Thrice Holy Hymn

Tropari: hymns (e.g. a tropar, troparia, troparion)

From: A Manual of the Orthodox Church's Divine Services

Archbishop Averky, Holy Transfiguration Monastery

"According to our Typicon, all the Divine services of the daily cycle — apart, needless to say, from the Divine Liturgy and other Church sacraments — may be performed also by persons not ordained to priestly rank. This has been widely done in the practice of prayer by all monasteries, sketes, and desert-dwellers in whose midst there are no monks clothed in the rank of priest. And up until the most recent time this was to be seen also, for example, in Carpatho-Russia, which was outstanding for the high level of piety of its people, where in case of the illness or absence of the priest, the faithful themselves, without a priest, read and sang the Nocturnes, and Matins, and the Hours, and Vespers, and Compline, and in place of the Divine Liturgy, the Typica.

"In no way can one find anything whatever reprehensible in this, for the texts themselves of our Divine services have foreseen such a possibility, for example, in such a rubric which is often encountered in them: 'If a priest is present, he says: *Blessed is our God...* If not, then say with feeling: *By the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen.*' And further there follows the whole order of the Divine services in its entirety, except of course, for the ectenes and the priestly responses. The longer ectenes are replaced by the reading of 'Lord, have mercy' twelve times, and Little Ectene by the reading of 'Lord, have mercy' three times.

"Public prayer, as none other, firmly unites the faithful. And so, in all those parishes where there is no permanent priest, it is absolutely necessary not merely to permit, but indeed to recommend to the faithful that they come together on Sundays and feast days in church or even in homes, where there is no church, in order to perform together such public prayer according to the established order of Divine services."

This normal church practice, which like so much else that belongs to the best Orthodox Church tradition, has become so rare today as to seem rather a novelty, is nonetheless being practiced now in several parishes of the Russian Church Outside of Russia, as well as in some private homes. This practice can and should be greatly increased among the faithful, whether it is a question of a parish that has lost its priest or is too small to support one, of a small group of believers far from the nearest church which has not yet formed a parish, or a single family which is unable to attend church on every Sunday and feast day.

Indeed, this practice in many places has become the only answer to the problem of keeping alive the tradition of the Church's Divine services....

The way of conducting such services should preferably be learned from those who already practice it in accordance with both the written and oral tradition of the Church. But even in the absence of such guidance, an Orthodox layman, when he is unable to attend church services, can derive much benefit from simply reading through some of the simpler services, much as he already reads Morning and Evening Prayers. Thus, he can read any of the Hours (First, Third, and Sixth Hours in the morning, Ninth Hour in the afternoon), which have no changeable parts except for the Troparion and Kontakion; he can simply read through the stichera of the great feasts on the appropriate day; or he can read the Psalms appointed for a given day....

Excerpt from "The Typicon of the Orthodox Church's Divine Services: The Orthodox Christian and the Church Situation Today." printed in Orthodox Word, Jan.-Feb., 1974, Reprinted in A Manual of The Orthodox Church's Divine Services, compiled by Archpriest D. Sokolof, Holy Trinity Monastery, Jordanville, NY, 1975.

Reading the Service Books While Traveling or at Home

by Archpriest Sergei Shukin

When Orthodox people have no opportunity to attend Orthodox divine services, especially in non-Orthodox countries, then the Church allows and encourages individuals and groups of Orthodox to read the service books privately, for the preservation of their faith. Such readings have long been customary in monastic establishments, hospitals, schools, on shipboard and, in recent times, by Orthodox in the USSR and in the diaspora. Reading prayer books or service books may, at least to some extent, replace church services.

Besides preserving our Orthodox faith, reading services is beneficial because:

1. It teaches us, even in non-Orthodox lands, to remember and honor Orthodox feasts and saints' days.
2. It acquaints us with the order of church services and with the profound content of our service books.
3. It safeguards us from the danger of sectarian and heterodox influence
4. It helps parents and teachers raise their children and young adults in the spirit of Orthodoxy.
5. It unites dispersed Orthodox people in our faith and love for the Orthodox Church.

Orthodox Divine Services

The daily ecclesiastical office consists of a cycle of services that covers the entire 24-hour period. Since the church day begins with the evening, the order of daily services is: 1) Vespers, 2) Small Compline, 3) Midnight Office, 4) Matins, 5) First Hour, 6) Third and Sixth Hours, 7) the Liturgy and 8) Ninth Hour.

Orthodox laymen may read or chant some portion of all of these, except the Divine Liturgy, which is replaced by the Typica.

In addition, it is permissible to read canons and akathists, either separately or as part of another service. A canon is a collection of hymns in nine odes that honors the Savior, the Mother of God, a saint, a holy day, or a spiritual theme.

An akathist is a song of praise in twelve parts that glorifies the Savior, the Mother of God, a saint.... An akathist may be read or sung, or read with the refrains sung.

How Laymen Read Service Books

The reading of service books should be conducted according to the following rules:

1. All [reader's] services are to begin with the exclamation: "Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us. Amen.
2. All the priest's prayers and exclamations are omitted.
3. In place of the Great and Augmented Ectenias and the Ectenia of Supplication, "Lord, have mercy" is said twelve times; in place of the Small Ectenia, three times.
4. The Gospel is not intoned, but read in an ordinary voice.

Note: Every Orthodox Christian is obliged to read the Gospel privately, according to the ecclesiastical lectionary found in church calendars

5. All other hymns, psalms and prayers are read or sung as when a priest serves.
6. The Typica (in place of the liturgy) may be read as indicated in Appendix 1.

From *Orthodox Life*, Vol. 33, No. 1 (Jan-Feb 1983), pp. 41-47. Translated from the Russian with more recent additional information by Fr. George Lardas.

St. Theophan the Recluse

Wandering Thoughts during Prayer (from Letter 31)

Thoughts wander when one is reading spiritual works and during prayer. What should one do? No one is free from this. There is no sin in it, only vexation. Having wandering thoughts becomes a sin when one willingly allows flightiness of mind. But if thoughts scatter involuntarily, what fault can there be? There is fault, though, when one notices thoughts wandering and, taking no action, one wanders along with them. When we catch our thoughts wandering off, we must bring them back to their proper place at once.

To be free from the tendency to have wandering thoughts during prayer, one must concentrate and pray with warmth. Before prayer, one should prepare for such an effort by making prostrations and by a moment of reflection.

Accustom yourself to pray your own prayers. For instance: it is the essence of evening prayer to thank God for the day and everything that happened, both pleasant and unpleasant; to ask forgiveness for all wrongs committed, promising to improve during the next day; and to pray that God preserve you during sleep. Express all this to God from your mind and from your whole heart.

The essence of morning prayer is to thank God for sleep, rest and regained strength and to pray that He will help us do everything to His glory. Express this to Him with your mind and with your whole heart. Along with such prayers in the morning and evening, present your greatest needs to the Lord, especially spiritual needs. Besides spiritual needs, present your worldly cares, saying to Him as would a child: "See, O Lord, my sickness and weakness! Help and heal!" All this and the like can be spoken before God in your own words, without the use of a prayer book. Try this and, if it works, you may leave the prayer book altogether; but if not, you must pray with the prayer book, otherwise you might end up with no prayer at all.

Prayer Rule (from Letter 47)

You ask about the prayer rule. Yes, because of our weakness, it is proper to have a prayer rule. For one thing, it controls excessive zeal. The great men of prayer had a prayer rule and kept to it. Every time, they began prayer with the established prayers, and then, if self-initiated prayer came, they turned to it from reciting prayers. If they needed a prayer rule, then we need one even more! Without formal prayers, we would not know how to pray correctly at all. Without them, we would be completely without prayer.

Nevertheless, we should not collect too many prayers. A few prayers, correctly read, are better than many prayers raced through. And, of course, it is hard to keep from rushing when, in our eagerness to pray, we have gathered more prayers than we can handle.

For you, it is quite adequate to complete the morning and evening prayers as they are found in the prayer book. Always strive to complete them with as much attention and feeling as possible. To do this successfully, make an effort in your spare time to read them with extra care, attention and feeling, so that when you are at prayer, you will be familiar with the holy thoughts and feelings contained in them. Praying does not mean repeating a certain number of words of prayer; praying is reproducing the contents of the prayers within ourselves, so that they flow as if from our own mind and heart.