

The Third Hour

Priest: Blessed is our God, always, now and ever and unto ages of ages.

Reader: Amen.

Glory to You, O God, Glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, Who are everywhere and fill all things; Treasury of blessings and Giver of Life; come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)

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

O Most Holy Trinity, have mercy on us; Lord, cleanse us from our sins; Master, pardon our transgressions; Holy One, visit and heal our infirmities for Your Name's sake.

Lord, have mercy (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto 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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Priest: For Yours 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.

Reader: Amen. Lord, have mercy (12x)

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

Psalm 16 (17)

Reader: Listen, O Lord of my righteousness; attend to my supplication! Give ear to my prayer that is not with deceitful lips. From Your face let my judgment come. Let my eyes behold uprightness.

You tested my heart, when You visited me in the night; You tried me in the fire, and found nothing unjust in me. That my mouth might not speak of the works of men, I held to hard ways because of the words of Your lips.

Restore my steps in Your paths, that my footsteps may not slip.

I cried out, because You listened to me, O God; incline Your heart to me, and hear my words. Magnify Your mercies, O You who save those who hope in You from those who rise up against Your right hand. Keep me as the apple of Your eye; in the shelter of Your wings, you will shelter me from the face of the ungodly who trouble me.

My enemies surrounded my soul; their fat enclosed them; their mouth spoke arrogantly. Casting me out, they now surround me; they set their eyes to bend down the earth. They seized me like a lion ready to tear its prey, like a young lion lurking in secret places.

Arise, O Lord, outrun them and trip up their heels; rescue my soul from the ungodly, and Your sword from the enemies of Your hand. O Lord, destroy them from the earth; scatter them in their life. Their belly is filled with Your hidden things; they are satisfied with their sons, and they leave their possessions to their children. As for me, in righteousness I shall behold Your face; I shall be satisfied when Your glory is revealed.

Psalm 24 (25)

Reader: To You, O Lord, I lift up my soul, O my God. I trust in You; let me not be ashamed; let not my enemies laugh at me. For all who wait upon You shall not be ashamed; let those be ashamed who act lawlessly in vain. Make known Your ways to me, O Lord, and teach me Your paths. Lead me in Your truth and teach me, for You are the God of my salvation, and on You I wait all the day.

Remember Your compassion, O Lord, and Your mercy, for they are from of old. Do not remember the sins of my youth, nor of my ignorance; but remember me according to Your mercy, because of Your loving-kindness, O Lord.

Good and upright is the Lord; therefore He will instruct sinners in His way. He will guide the gentle in judgment; He will teach the gentle His ways. All the ways of the Lord are mercy and truth for those who seek His covenant and His testimonies. For Your name's sake, O Lord, pardon my sin, for it is great. Who is the man who fears the Lord? He will instruct him in the way He chooses.

His soul shall dwell among good things; His seed shall inherit the earth. The Lord is the strength of those who

fear Him, and to those who fear Him, His name is the Lord, and He will show them His covenant. My eyes are always toward the Lord, for He shall pluck my feet out of the trap. Look upon me and have mercy on me, for I am only-begotten and poor. The afflictions of my heart have been widened; bring me out of my distresses. Look on my humiliation and my pain and forgive all my sins. Look on my enemies, because they multiply, and they hate me with unjustified hatred. Keep my soul, and deliver me; let me not be ashamed, because I hope in You. The innocent and the upright cleave to me because I wait upon You, O Lord. Redeem Israel, O God, out of all his afflictions.

Psalm 50 (51)

Reader: Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin.

For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words and overcome when You are judged.

For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom.

You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice.

Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You.

Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness.

O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise.

Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; Then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar.

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

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

Lord, have mercy. (3x)

***[Troparion A]**

*When only one troparion is prescribed at The Hours it is read where "Troparion B" is indicated.

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

[Troparion B]

Now and ever and unto ages of ages. Amen. O Theotokos, you are the true vine that has put forth the fruit of life. We pray, O Lady, that you intercede, together with the Apostles and all the saints, that mercy may be granted to our souls.

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 our salvation.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)

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

O Most Holy Trinity, have mercy on us; Lord, cleanse us from our sins; Master, pardon our transgressions; Holy One, visit and heal our infirmities for Your Name's sake.

Lord, have mercy (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto 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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Priest: For Yours 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.

Reader: Amen.

[Kontakion]

Lord, have mercy. (40x)

At every time and at every hour, in heaven and on earth worshipped and glorified, Christ God, long-suffering, great in mercy, great in compassion, loving the just and merciful to sinners, calling all to salvation by the promise of the blessings to come; do You, Lord, Yourself accept our entreaties at this hour, and direct our lives to Your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our ideas and deliver us from every distress, evil, and pain. Surround us about with Your holy Angels, that protected and guided by their host we may reach the unity of the faith and the knowledge of Your unapproachable glory; for You are blessed to the ages of ages. Amen.

Lord, have mercy (3x)

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

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without defilement you gave birth to God the Word: true Theotokos, we magnify you.

In the Name of the Lord, Father, bless!

Priest: Through the prayers of our holy fathers and mothers, O Lord Jesus Christ, have mercy on us and save us.

Reader: Amen.

God and Master, Father Almighty, Lord, Only-begotten Son, Jesus Christ, and Holy Spirit:

One Godhead, one Power, have mercy on me a sinner; and, by the judgments which you know, save me Your unworthy servant; for You are blessed unto ages of ages. Amen.