

THE SERVICES
OF THE
HOURS
-
THE
GREAT
BOOK
OF THE
HOURS
-
GREAT
HOROLOGION

Ottawa, Ontario
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THE SERVICE OF THE SIXTH HOUR

If the sixth hour be not read immediately following the third hour, then the usual beginning prayers are followed.

Reader : O 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. *(with three metanias)*

If it be Paschaltide, and if the Sixth Hour follow immediately after the Third Hour, then instead we read thrice the Paschal Tropar "Christ is risen..."

Reader : **PSALM 53**

O God, in Your Name, save me, and in Your power, judge me. O God, hear my prayer ; give ear to the utterances of my mouth ; for foreigners have risen up against me, and the strong have sought my soul ; they did not set God before their face ; for behold, God helps me, and the Lord is the Support of my soul. He will turn back bad things unto my enemies ; in Your truth, exterminate them. Willingly shall I sacrifice to You. I shall confess Your Name, O Lord, for it is good ; for out of every affliction have You rescued me, and my eye has looked upon my enemies.

PSALM 54

Give ear, O God, to my prayer, and do not disregard my supplication. Give heed to me and hear me. I was grieved in my idle talk, and stirred up from the voice of an enemy, and from the affliction of a sinner ; for they inclined their lawlessness against me, and in anger they were wrathful against me. My heart was stirred up within me, and a dread of death has fallen upon me. Fear and trembling have come upon me, and darkness has covered me. And I said, "Who shall give me wings just like a dove, and I shall fly away and be at rest ?" Behold, fleeing far away, I abode in the wilderness. I was awaiting Him who is saving me from faint-heartedness, and from tempest. Drown them, O Lord, and divide their tongues ; for I have seen lawlessness and contradiction in the city. By day and by night they shall surround her, up to her walls ; lawlessness and trouble are in her midst, and unrighteousness ; and from her squares usury and deceit have not come to an end ; for if an enemy had reproached me, I would have borne that ; and if one hating me had spoken boastfully against me, I would have hidden from him. But it is you, O Man, of one soul with me, my leader and companion, who sweetened for me the

food shared as one. We walked in one mind in the house of God. Let death come to them, and let them go down to Hadēs alive, for evil is in their sojournings, in their midst. As for me, I cried out to God, and the Lord heard me. By evening, morning and mid-day, I shall recount it ; I shall bring tidings, and He will hear my voice. He will redeem my soul in peace from those drawing near to me, for they were in great numbers with me. God will hear, and He will humble them – He, existing before the ages ; for them there is no changing, for they did not fear God. He stretched out His hand in requital ; they profaned His Covenant. They have been divided because of the anger of His Face, and their hearts have drawn near. His words were made softer than oil, but they are darts. Cast your care upon the LORD, and He will nurture you. He will not allow the righteous to be distressed unto the age. But You, O God, You will lead them down into a well of corruption. Men of blood and deceit shall not live out half their days. But as for me, O Lord, I shall hope on You.

PSALM 90¹

The one dwelling in the help of the Most High shall abide in the shelter of the God of Heaven. He shall say to the Lord, “You are my Support and my Refuge, O my God”. I shall hope on Him ; for He will rescue you from a snare of the hunters, and from a troubling word. With His shoulders He will overshadow you, and beneath His wings you shall hope. With a shield, His truth shall surround you. You shall not be frightened by a night fear, by an arrow flying by day, by anything walking about in darkness, by a calamity, or by a noon-day demon. A thousand shall fall at your side, and a myriad at your right-hand, but it shall not draw near you. Yet, with your eyes shall you observe and you shall see the requital of sinners ; for You, O Lord, You are my Hope ; you have made the Most High your Refuge. Bad things shall not come towards you, and a scourge shall not come near your tent ; for He will command His angels concerning you, that they watch over you closely in all your ways. Upon their hands they shall raise you up, lest you strike your foot against a stone. Upon the asp and the basilisk you shall tread ; you shall trample the lion and the dragon, “for he has hoped on Me, and I will rescue him. I will shelter him, for he has known My Name. He shall cry out to Me,

¹ This is the fixed psalm of the hour. On some occasions, such as Royal Hours, the other psalms may vary.

and I will listen to him. I am with him in affliction ; I will set him free, and I will glorify him. With length of days will I fill him up, and I will show him My salvation”.

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

Alleluia. Alleluia. Alleluia. Glory be to You, O God. *(three times)*

✠ *In Lent, on weekdays, there follows here the appointed Session of Psalms. After each Station, we make three prostrations.*

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

✠ APPOINTED SESSION OF PSALMS ✠

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

Alleluia. Alleluia. Alleluia. Glory be to You, O God. *(three times)*

Lord, have mercy. Lord, have mercy. Lord, have mercy.

After completing the Session, instead of the usual tropars, we sing the Tropar of the Sixth Hour, with refrains, in Tone 2 :

Presbyter : O Christ our God, who on the sixth day, and hour,
nailed to the Cross the daring sin which Adam
committed in Paradise ; tear asunder also the record
of our iniquities, and save us.

Response : *(repeat refrain : O Christ our God ...)* *Psalm 54*

Presbyter : Give ear, O Lord, to prayer ; do not disregard my
supplication.

Response : *(repeat refrain)* *Psalm 140*

Presbyter : I have cried out to You, O God, and the Lord heard me.

Response : *(repeat refrain)*

Presbyter : Glory be to the Father, and to the Son, and to the Holy Spirit.

Reader : Now, and ever, and unto the ages of ages. Amen.

Let Your compassions ✠

Reader : Lord, have mercy. Lord, have mercy. Lord, have mercy.

(And if there be two tropars, then the first is sung now.)

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

The Tropar of the day is read or sung *(except on Lenten weekdays)*.

If there be more than two tropars prescribed, then the others are also read at this time, together.

Now, and ever, and unto the ages of ages. Amen.

Theotokos-Hymn

Reader : As there is no boldness in us because of the multitude of our sins, O Virgin Theotokos, intercede with the Son whom you have borne ; for the supplication of a Mother has great power to win the favour of the Master. Do not disregard the prayers of sinners, O all-venerable Lady ; for He that took upon Himself to suffer for our sake is merciful, and strong to save.

(At Royal, and Lenten Hours, the verses and the readings follow at this time.)

(There may also follow the Prokeimenon(s), Old Testament Reading, and Reading from "The Ladder", as prescribed.)

Reader : Let Your compassions, O Lord, speedily anticipate us, for we have become exceedingly poor. Help us, O God our Saviour, for the glory of Your name. O Lord, rescue us, and be propitious to our sins, for Your Name's sake.

Reader : Holy God, Holy Strong, Holy Immortal, have mercy on us.

(three times) (three metanias)

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

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

**Be propitious to*

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Our Father, who are in the heavens, hallowed be Your Name, Your Kingdom come, Your 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 bring us not to the test, but rescue us from the evil one.

Presbyter : For Yours are the Kingdom, and the power, and the glory, of the Father, the Son, and the Holy Spirit, now, and ever, and unto the ages of ages.

Reader : Amen.

The Kontak of the day is read or sung

Or in Lent, the fixed tropars

✠ *On Lenten weekdays, the appointed tropars in Tone 2 :*

You have wrought salvation in the midst of the earth, O Christ our God. You stretched out Your all-pure hands upon the Cross. You have gathered together all the nations, who cry aloud to You, Glory be to You, O Lord.

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

We venerate your most pure Image, O Good One, and ask forgiveness of our transgressions, O Christ our God. Of Your good will, You were pleased to ascend the Cross in the flesh, and to rescue those You formed from bondage to the enemy. Therefore with thankfulness we cry aloud to You, You have filled all with joy, O our Saviour, for You came to save the world. Now, and ever, and unto the ages of ages. Amen.

However, in Holy Week :

On Monday, Tuesday, Thursday :

Deem us worthy of your sympathy, O Theotokos, fount of tender compassion. Look upon the people who have sinned, and as always, manifest your power ; for trusting in you, we cry out as once did Gabriel, chief of the bodiless hosts.

On Wednesday, Friday :

You are exceedingly blessed, O Virgin Theotokos, and we hymn you ; for by the Cross of your Son, Hadēs was overthrown, and death was put to death. We who were dead have risen. We have been deemed worthy of life, and have received paradise, our former delight. Therefore, with thanksgiving we glorify Christ our God, the only Merciful One.

On Great Holy Monday :

Prosimion : As the first-fruits (Tone 8 or 2)

Jacob lamented his deprivation of Joseph, who was seated on a chariot, and honoured as a king ; for when he refused to be made captive by the pleasures of the Egyptian woman, he was instead glorified by Him who beholds the hearts of Men, and distributes an incorruptible crown.

On Great Holy Tuesday :

Prosimion : Seeking things on high (Tone 2)

Consider, O wretched soul, the hour of the end, and fear the cutting of the fig tree. Work diligently, therefore, at the talent given to you. Keep watch, and cry out, "Let us not remain outside the bridal chamber of Christ".

On Great Holy Wednesday :

Prosimion : As You were voluntarily crucified (Tone 4)

Although my iniquities are greater than the harlot's, O Good One, I have not brought You showers of tears ; but supplicating in silence, I fall down before You. With longing, I kiss Your most pure feet. As Master, grant me remission of my debts, as I cry out to You, O Saviour, rescue me from the mire of my deeds.

Reader : Lord, have mercy. (*forty times*)

Reader :

Prayer of the Hours

O Christ our God, who at all times, and at every hour, in Heaven, and on earth, are worshipped, and glorified, who are longsuffering, all-merciful, and all-compassionate, who love the righteous, and have mercy upon the sinner ; who call all to salvation through the promise of good things to come – Yourself, O Lord, in this hour receive also our petitions, and direct our lives towards Your commandments. Sanctify our souls, keep undefiled our bodies, correct our thoughts, purify our minds ; rescue us from all tribulations, evil, and distress. Surround us with the wall of your holy angels, that guarded by their assistance, and guided by them, we may attain to the unity of the faith, and to the acknowledgement of Your unapproachable glory, for You are blessed unto the ages of ages.

Response : Amen.

Reader : Lord, have mercy. Lord, have mercy. Lord, have mercy. Glory be to the Father, and to the Son, and to the Holy Spirit ; now, and ever, and unto the ages of ages. Amen. More honourable than the cherubim, and more glorious beyond compare than the seraphim, without corruption you gave birth to God the Word. True Theotokos, we magnify you. In the Name of the Lord, holy master, bless.

– or – *if there be no presbyter :*

Through the intercessions of Your saints, O Lord, bless.

Presbyter : May God be bountiful to us, and bless us, show the light of His Countenance upon us, and have mercy on us.

– or –

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

If a bishop be present, then the presbyter says “holy master”.

Reader : Amen.

If there be no presbyter, then the senior reader says :

Reader : O Lord Jesus Christ Son of God, through the prayers of Your most pure Mother, of our venerable, and God-bearing fathers, and of all the saints, have mercy on us, and save us.

Response : Amen.

✠ In Lent :

Prayer of Saint Ephrem

O Lord, and Master of my life, give me not the spirit of sloth, busyness [or : despondency], lust of power, and idle talk ; but rather, favour Your servant with the spirit of soberness, lowliness, endurance, and love. Yea, O Lord, and King, grant me to see my own falls, and not to condemn my *brother*, for blessed are You, unto the ages of ages.

With three prostrations, followed by twelve bows, and a repetition of the prayer.

Response : Amen. ✙

Reader : **Prayer of Saint Basil the Great**

O God, the Lord of Hosts, and Author of all creation, who in Your ineffable compassion, and mercy sent down Your Only-begotten Son, Our Lord Jesus Christ, for the salvation of our race, and through His holy Cross have torn asunder the record of our sins, and thereby triumphed over the princes, and dominions of darkness. O Lord, Lover of Man, accept these entreating prayers of thanksgiving even from us sinners. Rescue us from every deadly, and dark transgression, and from all the visible, and invisible enemies that seek to mistreat us. Nail our flesh with the fear of You, and let not our hearts incline to evil words or thoughts, but wound our souls with longing for You, so that, ever gazing upon You, guided by Your light, and beholding You, the Light ineffable, and everlasting, we may send up unceasing confession, and thanksgiving to You, to the Father without beginning, together with Your Only-begotten Son, and Your most holy, good, and life-giving Spirit, now, and ever, and unto the ages of ages.

Response : Amen.

On the Holy Mountain, the reader at once adds :

Reader : It is truly right to bless you, O Theotokos, ever-blessed and most pure, and the Mother of our God. More honourable than the Cherubim and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word. True Theotokos, we magnify you.

** and then, if the Inter-hour should not follow :*

Presbyter : Glory be to You, O Christ, our God, and our Hope, glory be to You.

Reader : Glory be to the Father, and to the Son, and to the Holy Spirit ; now, and ever, and unto the ages of ages. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. In the Name of the Lord, holy Master, bless.

Presbyter : *pronounces the dismissal of the day.*

Response : Amen.

If there be no presbyter, then the senior reader says :

Reader : O Lord Jesus Christ Son of God, through the prayers of Your most pure Mother, of our venerable, and God-bearing fathers, and of all the saints, have mercy on us, and save us.

Response : Amen.

Reader : Lord, have mercy. Lord, have mercy. Lord, have mercy.

In a monastic family, after the Dismissal we leave the Temple and we go

straightaway to our cells with stillness. In accordance with the Holy Fathers, we do not have conversations with one another, and we observe this after every assembly.

[END OF THE SIXTH HOUR]

If the “Obednitsa” be served, it is taken after the reading of the third, and sixth hours.



THE SIXTH INTER HOUR

Reader : O come,² 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. *(with three metanias)*

Reader : **PSALM 55**

Have mercy on me, O God, for Man has trampled me ; the whole day long, making war, he has afflicted me. My enemies have trampled me the whole day long, for there are many making war against me from on high. By day I shall not fear, but I shall hope on You. In God I shall praise my words ; on God I have hoped. I shall not fear what flesh shall do to me. The whole day long they were loathing my words. All their reasonings are against me for ill. They shall be sojourning, and they shall hide away. They shall watch my heel, even as they waited for my soul. On no account will You save them ; in anger You will lead down the peoples, O God. I told forth my life to You ; You put my tears before Your Face, according to Your promise. My enemies shall turn backwards in whatever day I may call upon You. Behold, I know that You are my God. In God I shall praise the discourse ; in the Lord I shall praise the word. On God I have hoped ; I shall not fear what a Man shall do to me. In me, O God, are the vows of Your praise, which I shall render ; for You have rescued my soul from death, and my feet from slipping, so that I may be well-pleasing before the Face of the Lord in the light of the living.

PSALM 56

Have mercy on me, O God ; have mercy on me, for my soul trusts in You, and in the shadow of Your wings I shall hope, until the lawlessness pass over. I shall cry out to God Most High, to God who is my Benefactor. He sent out from Heaven, and He saved me ; He gave to reproach those trampling me. God sent out His mercy and His truth, and He rescued my soul out of the midst of the cubs of the lion. I lay down, stirred up though I was. The sons of Men – their teeth are weapons and arrows, and their tongue a sharp knife. Be exalted above the Heavens, O God, and over all the earth, Your glory. They have prepared a snare for my

² When the Inter-hour follows immediately, then we begin the second service here. But in Pascha, if this service follow the Sixth Hour immediately, we say “Christ is risen ...” three times instead, at the beginning of the inter-hour.

feet, and they bowed down my soul. They dug out a hole right before my face, and they fell into it. My heart is ready, O God ; my heart is ready. I shall sing and I shall chant in my glory. Awake, O my glory ; awake, psaltery and lyre ; I shall awake at day-break. I shall confess You amongst the peoples, O Lord ; I shall chant to You amongst the nations ; for Your mercy has been magnified as far as the Heavens, and Your truth as far as the clouds. Be exalted above the Heavens, O God, and over all the earth, Your glory.

PSALM 69

O God, give heed to my help. O Lord, make haste to help me. Let them be put to shame and be disgraced – those seeking my soul ; let them be turned back and be put to shame – those wishing me bad things. Let them be turned back instantly and be shamed – those saying to me, “Well done, well done”. But let them exult and be glad in You – all those seeking You, O God ; and let them continually say, “Let the Lord be magnified” – those loving Your salvation. But poor and needy as I am, help me, O God. My Helper and my Rescuer – it is You. O Lord, do not tarry.

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

Reader : Holy God, Holy Strong, Holy Immortal, have mercy on us.

(three times) (three metanias)

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

O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins.³ O Master, pardon our iniquities. O Holy One, visit, and heal our infirmities, for Your Name’s sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Our Father, who are in the heavens, hallowed be Your Name, Your Kingdom come, Your 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 bring us not to the test, but rescue us from the evil one.

Presbyter : For Yours are the Kingdom, and the power, and the glory, of the Father, the Son, and the Holy Spirit, now, and ever, and unto the ages of ages.

Response : Amen.

³ Be propitious to

And these tropars in Tone 1 :

Reader : O Lord, save Your people, and bless Your inheritance ; grant victory to the Faithful over their adversary ; and by virtue of Your Cross, preserve Your dominion.
Glory be to the Father, and to the Son, and to the Holy Spirit.
The pains of the saints, which they suffered for You, O Lord, are as supplications ; and we pray that You will heal all our tribulations, O Lover of Man.
Now, and ever, and unto the ages of ages. Amen.
Through the intercessions of all the saints, and of the Theotokos, O Lord, grant us Your peace, and have mercy on us, O only Compassionate One.

Reader : Lord, have mercy. *(forty times)*
Glory be to the Father, and to the Son, and to the Holy Spirit ; now, and ever, and unto the ages of ages. Amen.
More honourable than the cherubim, and more glorious beyond compare than the seraphim, without corruption you gave birth to God the Word. True Theotokos, we magnify you.
In the Name of the Lord, holy Master, bless.

– or – if there be no presbyter :

Through the intercessions of Your saints, O Lord, bless.

Presbyter : May God be bountiful to us, and bless us, show the light of His Countenance upon us, and have mercy on us.

– or –

Through the prayers of our holy *fathers*, O Lord, Jesus Christ our God, have mercy on us.⁴

Reader : Amen.

If there be no presbyter, then the senior reader says :

Reader : O Lord Jesus Christ Son of God, through the prayers of Your most pure Mother, of our venerable, and God-bearing fathers, and of all the saints, have mercy on us, and save us.

Response : Amen.

⁴ If a bishop be present, “holy master” is used.

Prayer of Saint Ephrem

In Lent

O Lord, and Master of my life, give me not the spirit of sloth, busyness [despondency *[alt.]*], lust of power, and idle talk ; but rather, favour Your servant with the spirit of soberness, lowliness, endurance, and love. Yea, O Lord, and King, grant me to see my own falls, and not to condemn my *brother*, for

Reader :

Prayer of Saint Basil the Great

O God, the Lord of Hosts, and Author of all creation, in Your ineffable compassion and mercy, You sent down Your Only-begotten Son, Our Lord Jesus Christ, for the salvation of our race ; and through His holy Cross, You have torn asunder the record of our sins, and thereby triumphed over the princes, and dominions of darkness. O Lord, Lover of Man, accept these entreating prayers of thanksgiving even from us sinners. Rescue us from every deadly, and dark transgression, and from all the visible, and invisible enemies that seek to mistreat us. Nail our flesh with the fear of You, and let not our hearts incline to evil words or thoughts ; but wound our souls with longing for You, so that, ever gazing upon You, guided by Your light, and beholding You, the Light ineffable, and everlasting, we may send up unceasing confession, and thanksgiving to You, to the Father without beginning, together with Your Only-begotten Son, and Your most holy, good, and life-giving Spirit, now, and ever, and unto the ages of ages.

Response : Amen.

Reader : Glory be to the Father, and to the Son, and to the Holy Spirit ; now, and ever, and unto the ages of ages. Amen.
Lord, have mercy. Lord, have mercy. Lord, have mercy.
In the Name of the Lord, holy Master, bless.

– or – *if there be no presbyter :*

Through the intercessions of Your saints, O Lord, bless.

Presbyter : *pronounces the dismissal of the day.*

Response : Amen.

Presbyter : Through the prayers of our holy *fathers*, O Lord, Jesus Christ our God,

have mercy on us.⁵

Response : Amen.

If there be no presbyter, then the senior reader says :

Reader : O Lord Jesus Christ Son of God, through the prayers of Your most pure Mother, of our venerable, and God-bearing fathers, and of all the saints, have mercy on us, and save us.

Response : Amen.

Reader : Lord, have mercy. Lord, have mercy. Lord, have mercy.

[THE END OF THE SIXTH INTER-HOUR]

If “The Lord is God” were sung at Matins, we now begin the Typical Psalms.

But if “Alleluia” were sung at Matins, we say the Typical Psalms after the Ninth Hour.

⁵ If a bishop be present, “holy master” is used.