

THURSDAY OF THE FIRST WEEK OF LENT

ODE 1

CHOIR: My Helper and My Protector has become my salvation. He is my God, I will glorify Him: the God of my fathers, and I will exalt Him: for in glory was He glorified. (Exodus 15:2, 1; Psalm 117:14)

Lamb of God, Who takest away the sins of all, take from me the heavy yoke of sin, and in Thy compassion grant me tears of compunction. (*John 1:29*)

I fall prostrate before Thee, O Jesus. I have sinned against Thee, be merciful to me. Take from me the heavy yoke of sin, and in Thy compassion grant me tears of compunction.

Enter not into judgment with me, by recording my deeds, demanding and account of my words, and examining my motives and desires. But in Thy compassion disregard my terrible past and save me. O God All-Powerful.

It is time for repentance. I draw near to Thee, my Creator. Take from me the heavy yoke of sin, and in Thy compassion grant me tears of compunction.

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I have squandered in extravagance the substance of my soul, and I am barren of virtues and piety; but famished I cry: O Father of mercies, forestall and have compassion on me. (*Luke 15:13, 17*)

O Venerable Mother Mary, pray unto God for us!

By submitting to Christ's divine laws, thou didst draw near to Him, having left the unbridle craving for pleasure, and with all discretion thou didst achieve every virtue as one.

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

O Trinity beyond all being, adored in Unity, take from me the heavy yoke of sin, and in Thy compassion grant me tears of compunction.

Now and ever, and unto ages of ages. Amen

Mother of God, hope and intercessor of those who sing of thee, take from me the heavy yoke of sin, and as thou art our pure Lady, accept me who comes as a penitent.

ODE 2

Behold, and see now, see that I am God, Who rained down manna, and make water flow from the rock, in the days of old, for My people in the desert, by My right hand, and by My strength alone.

“I have killed a man to the wounding of myself,” said Lamech, “and a young man to my own hurt,” he cried out wailing. But you, my soul, do not tremble, while polluting the flesh and defiling the mind. *(Genesis 4:23)*

You would have contrived to build a tower, my soul, and erect a stronghold for your lusts, had not the Creator confounded your plans and brought your schemes crashing to earth. *(Genesis 11:3-4)*

How well have I imitated those first murderers, Cain and Lamech! Through the desires of the flesh I have killed my soul as did Lamech a man, and my mind as once he did a young man. I have also murdered my body as did Cain his brother. *(Genesis 4:23)*

The Lord rained fire from the Lord of old, and burnt up the wanton wickedness of Sodom. But you, my soul, have kindled the fire of hell in which you are about to be bitterly burnt. *(Genesis 19:24)*

I am struck and wounded! See the arrows of the enemy with which my soul and body are pierced all over! See the wounds, the sores and the mutilations that cry out and betray the blows of my self-chosen passions!

O Venerable Mother Mary, pray unto God for us!

Thou didst stretch out thy hands to the merciful God. O Mary, when sunk in the lowest vices. And He Who by every means was seeking thy conversion, lovingly stretched out a helping hand as to Peter.

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

Unoriginate, uncreated Trinity, indivisibly Unity, accept me who repent, save me who have sinned. I am Thy creation, despise me not, but spare me and deliver me from the fire of condemnation.

Now and ever, and unto ages of ages. Amen

O Spotless Lady, Mother of God, hope of those who run to thee, and haven of those in distress, obtain grace for me from the merciful One, Thy Son and Creator, by thy prayers.

ODE 3

Establish O Lord, on the rock of Thy commandments, my unstable heart, for Thou only art Holy and Lord.

You, my soul, have become like Hagar the Egyptian of old. You have become enslaved by your own choice and have a new Ishmael – stubborn self-will. *(Genesis 16:15)*

You know, my soul, of the Ladder shown to Jacob reaching from earth to Heaven. Why have you not clung to the sure step of piety? *(Genesis 28:12)*

Imitate that Priest of God and solitary King who was an image of the life of Christ in the world among men. *(cf. Melchizedek: Hebrews 7:1-4; Genesis 14:18)*

Be converted and groan, wretched soul, before the pageant of life comes to an end, before the Lord shuts the door of the bridal hall.

Do not be a pillar of salt, my soul, by turning back; but let the example of the Sodomites frighten you, and take refuge up in Zoar. *(Genesis 19:26)*

Reject not the prayer of those who praise Thee, O Lord; but have compassion on us, O Lover of men, and to those who ask with faith grant forgiveness.

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

Simple, uncreated Unity, un-originate Nature praised in a Trinity of Persons, save us who with faith worship Thy power.

Now and ever, and unto ages of ages. Amen

Mother of God, hope and intercessor of those who sing of thee, take from me the heavy yoke of sin, and as thou art our pure Lady, accept me who comes as a penitent.

ODE 4

The Prophet heard of Thy coming, O Lord, and was afraid, how wast Thou to be born of the Virgin, and to appear unto men, and he cried aloud: "I have heard Thy tidings, and I am afraid, glory to Thy power, O Lord." (Habakkuk 3:2)

Brief is my lifetime and full of pain and wickedness, but accept me in penitence and recall me to awareness of Thee. May I never be the possession or food of the enemy. O Saviour, have compassion on me. (*Genesis 47:9*)

If he who was righteous and blameless beyond all did not escape the snares and nets of the deceiver, what will you do, my soul, who are sin-loving and wretched, if something unexpected happens to you?

Boastful I am, and hard-hearted, all in vain and for nothing. Condemn me not with the Pharisee, but rather grant me the humility of the Publican, O only merciful and just Judge, and number me with him. (*Luke 18:9-14*)

I have sinned, I know, O merciful Lord, and outraged the vessel of my flesh, but accept me in penitence and recall me to awareness of Thee. May I never be the possession or food of the enemy. O Saviour, have compassion on me.

I am become my own idol, and have injured my soul with passions, O merciful Lord, but accept me in penitence and recall me to awareness of Thee. May I never be the possession or food of the enemy. O Saviour, have compassion on me.

I have not listened to Thy voice, I have disobeyed Thy Scriptures, O Lawgiver, but accept me in penitence and recall me to awareness of Thee. May I never be the possession or food of the enemy. O Saviour, have compassion on me.

O Venerable Mother Mary, pray unto God for us!

Though dragged down to the depth of great offences, thou wast not held there. But with better thought thou didst return by action to consummate virtue beyond all expectation, to the amazement of angel-kind, O Mary.

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

I confess Thee to be undivided in essence, unconfused in persons, One Triune Divinity, co-enthroned and co-reigning. I sing to Thee the great song, thrice sung on high!

Now and ever, and unto ages of ages. Amen

Thou givest birth and livest a virgin life, and in both remainest a virgin by nature. He Who is born of thee renews the laws of nature, and a womb gives birth without travail. Where God wills, the order of nature is overruled; for He does whatever He wishes.

ODE 5

I seek Thee early in the night, I implore and pray Thee, Who lovest mankind; do enlighten me and guide me in Thy commandments, and teach me, O Saviour, to do Thy will.

Imitate, my soul, the woman bent earthward; come and fall down at the feet of Jesus, that He may straighten you to walk upright in the footsteps of the Lord. *(Luke 13:11)*

Though Thou art a deep well, O Lord, pour on me streams from Thy immaculate wounds, that like the Samaritan woman I may drink and thirst no more; for from Thee gush rivers of life. *(John 4:13-15)*

May my tears be for me a Siloam, O Sovereign Lord, that I may wash the eyes of my soul and mentally see Thee Who art that light which was before creation. *(John 9:7; Genesis 1:2-19)*

O Venerable Mother Mary, pray unto God for us!

Thou, all-blessed one, didst yearn with matchless love and longing to worship the Tree of Life, and thy desire was granted; make us also worthy to attain to the glory on high.

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

We glorify Thee, O Trinity, the one God: Holy, Holy, Holy art Thou, Father, Son and Spirit, simple Being, Unity ever adored.

Now and ever, and unto ages of ages. Amen

From thee, O pure maiden Mother and Virgin, God Who created the worlds and ages was clad in my clay and united to Himself human nature.

ODE 6

I I cried with my whole heart, unto the merciful God, and He heard me, from the lowest Hades, and He raised my life, out of corruption.

I am the coin with the royal image which was lost of old, O Saviour. But light the lamp, Thy Forerunner, O Word; seek and find Thy image. *(Luke 15:8)*

Rise and make war against the passions of the flesh, as Joshua did against Amalek, and ever conquer the Gibeonites – illusive thoughts. *(Exodus 17:8; Joshua 8:21)* ✠

O Venerable Mother Mary, pray unto God for us!

To extinguish the flame of the passions, O Mary, thou didst ever shed rivers of tears and fire thy soul with divine love. Grant also to me, thy servant, the grace of tears.

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

I am the Trinity, simple and undivided, divided Personally, and I am the Unity, united in nature, says the Father, the Son, and the Divine Spirit.

Now and ever, and unto ages of ages. Amen

Thy womb bore God for us Who took our form. Implore Him as the Creator of all, O Mother of God, that through thy intercessions we may be justified.

KONTAKION, TONE 6:

*During the singing of the Kontakion,
all present (if they are able) should kneel*

My soul, O my soul, arise, why are you sleeping? The end is drawing near, and you will be confounded. Awake then and be watchful, that Christ our God may spare you, who is everywhere and fillest all things.

ODE 7

We have sinned, we have done iniquity and evil before Thee: we have neither observed nor we have ever followed what Thou hast commanded us: but cast us not away at the last, O God of our fathers.

My days have vanished like a dream on waking. Therefore I weep on my bed like Hezekiah that years may be added to my life. But what Isaiah will come to you, my soul, except the God of all? *(IV Kings 20:3; Isaiah 38:2)*

I fall, down before Thee and bring Thee as tears my words. I have sinned like the harlot, and transgressed as no other on earth. But have compassion, O Lord, on Thy work, and recall me.

I have buried Thy image and broken Thy commandment. All my beauty is darkened and my lamp is extinguished by my passions, O Saviour. But have compassion and restore to me, as David sings with joy. *(Psalm 50:14)*

Return, repent, uncover what is hidden. Say to God Who knows everything: Thou knowest my secrets, O only Saviour; but have mercy on me, as David sings, according to Thy mercy.

O Venerable Mother Mary, pray unto God for us!

He Whom thou lovest, He Whom thou desires, He on Whose track thou camest, mother, found thee and granted thee repentance, for He is God Who alone is compassionate. Implore Him unceasingly to deliver us from passions and adversities.

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

Trinity simple and undivided, of one essence and one nature, Lights and Light, three Holies and one Holy, God the Trinity is hymned. But sing, my soul, and glorify the Life and Lives, the God of all.

Now and ever, and unto ages of ages. Amen

We sing of thee, we bless thee, we praise thee, O Mother of God, for thou gavest birth to one of the inseparable Trinity, the one Son and God, and to us on earth thou hast opened the heavenly realms.

ODE 8

The Hosts of Heaven glorify Him, and the Cherubim and Seraphim tremble before Him, let every breath and all creation praise Him and bless Him, and exalt Him throughout all the ages.

The alabaster jar of my tears, O Saviour, I pour out on Thy head as the perfume, and like the harlot I cry to Thee, seeking Thy mercy. I offer prayer and ask to receive forgiveness.
(Matthew 26:7; Luke 7:38)

Though no one has sinned against Thee as I, yet accept even me, O compassionate Saviour, repenting with fear and crying with love: Against Thee only have I sinned. I have done wrong, have mercy on me. ✠

Spare, O Saviour, Thy own creation, and seek as Shepherd Thy lost sheep; snatch the stray from the wolf, and make me a pet lamb in Thy sheep pasture. *(Psalm 118:176; John 10:11-16)*
When Thou sittest as judge and in Thy compassion showest Thy dread glory, O Christ, O what fear there will be then, when the furnace is burning and all shrink from Thy inevitable Tribunal! *(Matthew 25:31-46)*

O Venerable Mother Mary, pray unto God for us!

The Mother of the unwaning Light enlightened thee, and freed thee from the darkness of the passions. So now thou art admitted to the grace of the Spirit, enlighten, O Mary, those who faithfully praise Thee.

Let us bless Father and Son, and Holy Spirit, the Lord:

Eternal Father, co-eternal Son, gracious Comforter, Spirit of Truth; Father of the Divine Word, Word of the Eternal Father, living and creative Spirit, Trinity in Unity, have mercy on us.

Now and ever, and unto ages of ages. Amen

As from scarlet silk, O spotless Virgin, within thy womb the spiritual purple was woven, the flesh of Emmanuel. Therefore we honor thee in truth, as the Mother of God.

ODE 9

Ineffable is the Nativity of conception without seed: Incorruptible is the fruit of the Mother unwedded; for the birth of God reneweth all nature: Wherefore all generations right gloriously magnify you, as Bride and Mother of our God.

Have compassion and save me, have mercy on me, O Son of David. Who didst heal with a word the demoniac. And let Thy voice of tender compassion speak to me as to the robber, "Truly I tell you, you will be with Me in Paradise when I rise in My glory." *(Luke 9:38-42; 23:43)*

A robber accused Thee, and a robber confessed Thee to be God, for both were hanging on a cross with Thee. But open even to me, O most compassionate Saviour, the door of Thy glorious Kingdom as to Thy faithful robber who acknowledged Thee to be God. *(Luke 23:32-42)* ✠

Creation was in anguish; seeing Thee crucified; mountains and rocks were split with fear, the earth quaked, hell was emptied, and the light grew dark in the daytime; beholding Thee, Jesus, nailed to the Cross in Thy flesh. *(Matthew 27:52-53; Luke 23:44-45)*

Do not require me of fruits worthy of repentance, for my strength is spent in me. Grant me ever a contrite heart and spiritual poverty, that I may offer these gifts to Thee as an acceptable sacrifice, O only Saviour. *(Matthew 3:8; 5:3; Psalm 50:17)* ✠

O my Judge and my Light, Who alone knowest me and art coming again with Thine Angels to judge the whole world, regard me then with Thy merciful Eye and spare me, O Jesus. And have compassion on me who have sinned more than all mankind. *(Matthew 25:31-32)*

O Venerable Mother Mary, pray unto God for us!

Intercede with the Creator on behalf of those who praise thee, holy mother, that we may be delivered from the sufferings and afflictions which beset us on all sides, that being delivered from our temptations, we may unceasingly magnify the Lord Who glorified thee.

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

Let us glorify the Father, exalt the Son, and faithfully worship the Divine Spirit, inseparable Trinity, Unity in essence, as the Light and Lights, the Life and Lives, giving life and light to the ends of the earth.

Now and ever, and unto ages of ages. Amen

Protect this city, spotless Mother of God, for in thee it faithfully reigns, and in thee it is made strong, and through thee it conquers and routs every trial and temptation, and spoils its foes and rules its subjects.

O Venerable Father Andrew, pray unto God for us!

Venerable Andrew, thrice-blessed father, shepherd of Crete, cease not to pray to God for those who sing of thee, that he may deliver from anger, oppression, corruption, and our countless sins, all of us who faithfully honor thy memory.

And again the 9th Ode:

Ineffable is the Nativity of conception without seed: Incorruptible is the fruit of the Mother unwedded; for the birth of God reneweth all nature: Wherefore all generations right gloriously magnify you, as Bride and Mother of our God.