

Fourth Sunday of Lent
Saint John of the Ladder / 40 Martyrs of Sabaste; Tone 8

Great Vespers

Blessed is the Man

At Lord I have cried: Octoechos 4; Martyrs 6; Glory: Martyrs, Tone 6; Both now: Dogmatic Theotokion in the tone of the week

Aposticha: Octoechos 4; Glory: Martyrs, Tone 8; Both now: Resurrectional Theotokion

Troparia: O Theotokos Virgin, Rejoice, thrice

Matins

After God is the Lord: Resurrectional Troparion twice; Glory: Martyrs (By the pangs of Thy saints...); Both now: Theotokion (When Gabriel announced...)

After each Kathisma: Sessional Hymns from the Octoechos

Polyeleos; Evlogitaria

Hypakoë in the tone of the week

Sessional Hymns of the Martyrs

Hymns of Ascent and Prokeimenon in tone of the week

8th Matins Gospel

Having beheld the Resurrection

Psalm 50; Glory: The doors of repentance; Both now: Guide me in the paths of salvation; Have mercy on me, O God; When I think of the multitude of evil things I have done.

Canon

Resurrection 2 Glory to Thy Holy Resurrection, O Lord

Triodion 2 Have mercy on me, O God, have mercy on me

Martyrs 4 O Holy Forty Martyrs, pray to God for us

Katavasia I shall open my mouth...

After Ode 3: Kontakion, Ikos and Sessional Hymns of the Martyrs; Sessional Hymns from the Triodion

After Ode 6: Kontakion and Ikos from the Octoechos

After Ode 8: My soul doth magnify...

Holy is the Lord, our God

Exapostilaria: 8th Gospel; Glory: Martyrs; Both now: Theotokion in the Triodion

Praises: Octoechos 4; Martyrs 4, with Psalm verses:

Thou, O Lord, shall keep us and shall preserve us from this generation, and for evermore.

Save me, O Lord, for a righteous man there is no more; for truths have diminished from the sons of men.

And then the verse Arise, O Lord my God.... followed by the sticheron in the Triodion:

Come, let us work...; Glory: Repeat; Both now: Most blessed art thou...

After the dismissal: Glory, Both now: 8th Gospel Sticheron

At the Hours

Troparion: Resurrection; Glory: Martyrs

Kontakion: Resurrection / Martyrs, alternating