



1st Wednesday of the Fast

The Sixth Hour

After the Third Hour, we at once begin the Sixth Hour, saying O come, let us worship..., and the usual psalms, followed by the fourth kathisma of the Psalter and the troparion, O Thou Who on the sixth day..., with three prostrations; and we say the Theotokion, Seeing that we have no boldness..., followed by:

Troparion of the Prophecy, tone 4: O Lord who lovest mankind, Thou knowest our created nature, Thou knowest our infirmity: though we have sinned, yet have we not forsaken Thee, O God, nor stretched out our hands to a strange god. O merciful Saviour, spare us in Thy love.¹ Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Repeat.

Deacon.: Let us attend.

Facing the faithful, the priest blesses:

Priest: Peace be unto all.

People: And to thy spirit.

Dcn.: Wisdom!

Prokeimenon, tone 4: I will praise Thee, O Lord, with my whole heart. (*Ps.* 9:1)

Verse: I will be glad and rejoice in Thee. (*Ps.* 9:3)

Dcn.: Wisdom!

The Reader, in the middle of the temple, announces the reading.

Reader: A reading from the prophet Isaiah.

Dcn.: Let us attend.

The Reader, from the same place, chants the reading.

And many people shall go and say, Come ye, and let us go up to the mountain of the LORD, to the house of the God of Jacob; and he will teach us of his ways, and we will walk in his paths: for out of Zion shall go

1 Ps. 43:21.



forth the law, and the word of the LORD from Jerusalem. And he shall judge among the nations, and shall rebuke many people: and they shall beat their swords into plowshares, and their spears into pruning hooks: nation shall not lift up sword against nation, neither shall they learn war any more. O house of Jacob, come ye, and let us walk in the light of the LORD.

Therefore thou hast forsaken thy people the house of Jacob, because they be replenished from the east, and are soothsayers like the Philistines, and they please themselves in the children of strangers. Their land also is full of silver and gold, neither is there any end of their treasures; their land is also full of horses, neither is there any end of their chariots: Their land also is full of idols; they worship the work of their own hands, that which their own fingers have made: And the mean man boweth down, and the great man humbleth himself: therefore forgive them not.

Enter into the rock, and hide thee in the dust, for fear of the LORD, and for the glory of his majesty. The lofty looks of man shall be humbled, and the haughtiness of men shall be bowed down, and the LORD alone shall be exalted in that day. (2:3-11)

Prokeimenon, tone 6: The Lord is righteous and loves righteousness: His countenance looks upon justice. (Ps. 10:7)

Verse: In the Lord have I put my trust: how say ye to my soul, Flee as a bird to the mountains? (Ps. 10:1)



Vespers

After the Psalm of Introduction (Psalm 103) and the Great Synapte, we read the eighteenth kathisma of the Psalter, with the Small Synapte after each of the three sections.

To Lord, I have cried, ten stichera are sung, the first six being from the Triodion:





Tone 8: While fasting with the body, brethren, let us also fast in spirit. Let us loose every bond of iniquity; let us undo the knots of every contract made by violence; let us tear up all unjust agreements; let us give bread to the hungry and welcome to our house the poor who have no roof to cover them, that we may receive great mercy from Christ our God.²
(twice)

To the Martyrs

If there be any virtue and if there be any praise, rightly are these things ascribed to the saints. They bowed their necks beneath the sword, for Thy sake who hast bowed the heavens and come down. They shed their blood for Thee, who hast emptied Thyself and taken the form of a servant; they humbled themselves even unto death, following the example of Thy poverty. At their prayers have mercy upon us, O God, according to the multitude of Thy tender mercies.³

To the Apostles

Tone 2 (by Joseph): Jesus, the true spiritual Sun, sent you out as lightning into all the world, and by the brightness of your divine preaching, O ye apostles and eyewitnesses of God, He has dispersed the darkness of error and given light to those held fast in the evil gloom of ignorance. Entreat Him to send down upon us also His illumination and great mercy.

Elijah, glorified by fasting, rode in the divine chariot of the virtues and was carried up to the height of heaven. Eagerly follow his example, O my humble soul, and fast from every evil, from envy, strife and passing pleasure. So shalt thou escape the harsh and everlasting agony of Gehenna, crying out to Christ: Glory be to Thee, O Lord.⁴

To the Apostles

Tone 5 (by Theodore): Apostles of God, fervent intercessors for the world, defenders of the Orthodox, ye who have the power to draw near with boldness unto Christ our God: we beseech you, intercede on our behalf, that unhindered we may keep the holy season of the Fast and receive the grace of the consubstantial Trinity. O great and glorious preachers, worthy of all reverence, pray for our souls.

2 Isa. 58:6-7

3 Phil. 4:8; Ps. 17:10; Phil. 2:7-8; 2 Cor. 8:9; Ps. 50:3.

4 [2] Kgs. 2:11.



Then four stichera to the saint of the day from the Menaion (of the three stichera provided in the books, we repeat the first).

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

Theotokion from the Menaion:

Entrance with the censer; O joyful Light...

Prokeimenon, tone 5: Thou shalt keep us, O Lord, Thou shalt preserve us from this generation for ever. (*Ps. 11:8*)

Verse: Save me, O Lord, for there is no godly man left upon earth. (*Ps. 11:1-2*)

Reader: A reading from the book of Genesis.

And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so. And God made the beast of the earth after his kind, and cattle after their kind, and every thing that creepeth upon the earth after his kind: and God saw that *it was* good.

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his *own* image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

And God said, Behold, I have given you every herb bearing seed, which *is* upon the face of all the earth, and every tree, in the which *is* the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein *there is* life, *I have given* every green herb for meat: and it was so.

And God saw every thing that he had made, and, behold, *it was* very good. And the evening and the morning were the sixth day.





Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made. (1:23 – 2:3)

Prokeimenon, tone 6: Consider and hear me, O Lord my God. (Ps. 12:4)

Verse: How long wilt Thou forget me utterly, O Lord? How long wilt Thou turn Thy face away from me? (Ps. 12:1-2)

Reader: A reading from the book of Proverbs.

My son, if thou wilt receive my words, and hide my commandments with thee; So that thou incline thine ear unto wisdom, *and* apply thine heart to understanding; Yea, if thou criest after knowledge, *and* liftest up thy voice for understanding; If thou seekest her as silver, and searchest for her as *for* hid treasures; Then shalt thou understand the fear of the LORD, and find the knowledge of God. For the LORD giveth wisdom: out of his mouth *cometh* knowledge and understanding. He layeth up sound wisdom for the righteous: *he is* a buckler to them that walk uprightly. He keepeth the paths of judgment, and preserveth the way of his saints. Then shalt thou understand righteousness, and judgment, and equity; *yea*, every good path.

When wisdom entereth into thine heart, and knowledge is pleasant unto thy soul; Discretion shall preserve thee, understanding shall keep thee: To deliver thee from the way of the evil *man*, from the man that speaketh froward things; Who leave the paths of uprightness, to walk in the ways of darkness; Who rejoice to do evil, *and* delight in the frowardness of the wicked; Whose ways *are* crooked, and *they* froward in their paths: To deliver thee from the strange woman, *even* from the stranger *which* flattereth with her words; Which forsaketh the guide of her youth, and forgetteth the covenant of her God. For her house inclineth unto death, and her paths unto the dead. None that go unto her return again, neither take they hold of the paths of life. That thou mayest walk in the way of good *men*, and keep the paths of the righteous. For the upright shall dwell in the





land, and the perfect shall remain in it. But the wicked shall be cut off from the earth, and the transgressors shall be rooted out of it. (2: 1-22)

And the rest of the Liturgy of the Presanctified.

