

SUNDAY, AUGUST 4

TONE 5

6<sup>th</sup> Sunday after Pentecost

Holy Seven Youths ("Seven Sleepers") of Ephesus

"Lord I Call..." Tone 5

Lord, I call upon You, hear me!

Hear me, O Lord!

Lord, I call upon You, hear me!

Receive the voice of my prayer,  
when I call upon You!//

Hear me, O Lord!

Let my prayer arise

in Your sight as incense,

and let the lifting up of my hands

be an evening sacrifice!//

Hear me, O Lord!

*V. (10) Bring my soul out of prison, that I may give thanks to Your Name!*

**Tone 5**      *(for the Resurrection)*

By Your precious Cross, O Christ,

You have put the devil to shame.

By Your Resurrection, You have blunted the sting of sin

and saved us from the gates of death.//

We glorify You, O only begotten One.

*V. (9) The righteous will surround me, for You will deal bountifully with me.*

Christ was led as a sheep to the slaughter

in order to grant Resurrection to the human race.

The princes of hell were frightened by this,

for the gates of sorrow were lifted.

Christ the King of glory had entered,

saying to those in chains: "Go forth!"//  
And to those in darkness: "Come to the light!"

*V. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!*  
O great wonder!  
The Creator of the invisible suffered in the flesh in His love for man  
and rose again immortal.  
Come, O sons of nations,  
let us worship Him,  
for delivered from error by His compassion,//  
we have learned to sing of one God in three Persons!

*V. (7) Let Your ears be attentive to the voice of my supplications!*

*(Resurrection stichera by Anatolius)*

We offer You our evening worship,  
O never setting Light,  
Who came in these last days to the world in the flesh;  
Who even descended to hell to dispel its darkness.  
Who has revealed the light of Resurrection to the nations.//  
Glory to You, O Lord and Giver of light!

*V. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*

We glorify the Leader of our salvation;  
by His Resurrection from the dead,  
the world was saved from deceit.  
The assembly of Angels rejoices  
as the deceit of demons is overthrown.//  
Fallen Adam rises as the devil falls.

*V. (5) For Your Name's sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.*



The guards were instructed by the lawless ones:  
“Hide the rising of Christ, take money and say:  
‘The body was stolen from the tomb while we were asleep.’”  
But who has heard of a body being stolen,  
a body embalmed and naked,  
with its grave clothes left behind in the tomb?  
Do not be deceived, O Jews,  
study the words of the Prophets and understand:://  
Christ is the Redeemer of the world and all powerful!

*V. (4) From the morning watch until night, from the morning watch, let Israel  
hope on the Lord!*

O Lord, Who has captured hell  
and trampled on death,  
You have enlightened the world by Your precious Cross.//  
O Savior, have mercy on us!

*V. (3) For with the Lord there is mercy and with Him is plenteous redemption,  
and He will deliver Israel from all his iniquities.*

**Tone 1**      *(for the Holy Youths)*      *(Joy of the Heavenly Hosts)*

Come, let us ever sing hymns to the memory of the seven honored youths;  
the brilliant seven-branched lampstand!  
Let us cry out to Christ Who has crowned them://  
“By their prayers, O Lord and Deliverer, bring peace to our life!”

*V. (2) Praise the Lord, all nations! Praise Him, all peoples!*

The seven godly youths died according to nature.  
Yet they rose up at once as though from sleep,  
in a manner transcending nature indeed//  
for they had slept in the cave as dead for three hundred and seventy-two years.

**V. (1)** *For His mercy is confirmed on us, and the truth of the Lord endures forever.*

Now let us honor John and Martínian,  
Anthony and Dionýsius  
with the godly Iámblicus and Maximílian,  
for they pray on our behalf!  
Together with them let us praise with devotion//  
the wise Exacustódian!

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

**Tone 5**      *(Theotokion – Dogmatikon)*

In the Red Sea of old,  
a type of the Virgin Bride was prefigured.  
There Moses divided the waters;  
here Gabriel assisted in the miracle.  
There Israel crossed the sea without getting wet,  
here the Virgin gave birth to Christ without seed.  
After Israel's passage, the sea remained impassable;  
after Emmanuel's birth, the Virgin remained a Virgin.  
O ever-existing God Who appeared as Man,//  
O Lord, have mercy on us!

## Aposticha

### Tone 5 *(for the Resurrection)*

We magnify You in songs of praise,  
O incarnate Christ and Savior.  
By accepting the Cross and death for our sake,  
as the Lord and Lover of man,  
You overthrew the gates of hell,//  
and arose on the third day, saving our souls.

*V. The Lord is King; He is robed in majesty!*

By being pierced in the side, O Lover of man,  
You have poured out drops of life and salvation for all.  
By accepting death in the flesh, You have granted us immortality.  
You have freed us by being placed in the tomb,  
and have resurrected us with Yourself in glory, as God.//  
Glory to You, O Lord and Lover of man!

*V. For He has established the world, so that it shall never be moved.*

Your crucifixion and descent into hell are awesome, O Lover of man.  
You have captured it, releasing the ancient prisoners.  
You have opened Paradise and given it to us.  
Grant us purification of sins,  
who glorify Your Resurrection on the third day!  
Make us worthy of Paradise//  
and save us, O Lover of man!

*V. Holiness befits Your house, O Lord, forevermore!*

For our sake, You accepted death in the flesh,  
to rise from the dead on the third day.  
Heal us from our earthly passions,  
and restore us from our evil transgressions;//

and save us, O Lover of man!

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

**Tone 5**      *(Theotokion)*

O most precious Virgin,  
you are the gate, the temple,  
the palace, the throne of the King.  
From you, my Redeemer, Christ the Lord,  
appeared to those asleep in darkness.  
He is the Sun of Righteousness,  
Who desired to enlighten His image, whom He had created.  
Since you possess motherly boldness before Him, O all praised Lady,//  
pray unceasingly that our souls may be saved!

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*(at Great Vespers)*

**Tone 5**      **Troparion**   *(Resurrection)*

Let us, the faithful, praise and worship the Word,  
co-eternal with the Father and the Spirit,  
born for our salvation from the Virgin;  
for He willed to be lifted up on the Cross in the flesh,  
to endure death,  
and to raise the dead//  
by His glorious Resurrection.

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

**Tone 4**      **Troparion**   *(Holy Youths)*

Your seven holy martyrs, O Lord,  
through their sufferings have received incorruptible crowns from You, our God.  
For having Your strength, they laid low their adversaries,  
and shattered the powerless boldness of demons.//



Through their intercession, save our souls!

*now and ever, and unto ages of ages. Amen.*

**Tone 4      Resurrectional Dismissal Theotokion**

The mystery of all eternity,  
unknown even by Angels,  
through you, Theotokos, is revealed to those on earth:  
God incarnate by union without confusion.  
He voluntarily accepted the Cross for us,  
by which He resurrected the first-created man,//  
saving our souls from death.

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*(at Vigil)*

**Tone 4      Troparion to the Theotokos**

Rejoice, O Virgin Theotokos,  
Mary, full of grace, the Lord is with you!  
Blessed are you among women,  
and blessed is the Fruit of your womb,//  
for you have borne the Savior of our souls. (*thrice*)

*(at the Divine Liturgy)*

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**Tone 5      Kontakion    *(Resurrection)***

You descended into hell, O my Savior,  
shattering its gates as Almighty,  
resurrecting the dead as Creator,  
and destroying the sting of death.  
You have delivered Adam from the curse, O Lover of man,//  
and we cry to You: "O Lord, save us!"

**Tone 4      Kontakion    *(Holy Youths)***

The Seven Holy Youths renounced the perishing comforts of this world,  
preferring the eternal things of Heaven.  
They were incorrupt after death and rose from the dead  
and buried the snares of the devils!//  
O faithful, let us then honor them, singing a hymn of praise to Christ!



**Tone 5      Prokeimenon      *(Resurrection)***

You, O Lord, shall protect us / and preserve us from this generation forever.  
*(Ps. 11:7)*

*V. Save me, O Lord, for there is no longer any that is godly! (Ps. 11:1a)*

**Epistle**  
(110) Romans 12:6-14

**Tone 5**  
Alleluia, Alleluia, Alleluia!

*V. I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim  
Your truth from generation to generation. (Ps. 88:1-2)*

*V. For You have said: Mercy will be established forever; Your truth will be  
prepared in the heavens. (Ps. 88:3)*

**Gospel**  
(29) Matthew 9:1-8

**Communion Hymn**

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*  
Alleluia, Alleluia, Alleluia!

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*Prepared by the Department of Liturgical Music and Translations, Orthodox Church in America.*