

The Third Hour and Typika

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for use at
Holy Protection
of the Mother of God
Byzantine Catholic Church
Denver Colorado

The Beginning Prayers

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

Response: Amen.

Glory to you, our God, glory to you.

Heavenly King, Comforter, Spirit of Truth,
everywhere present and filling all things,
Treasury of Blessings and Giver of Life,
come and dwell within us, cleanse us of all stain,
and save our souls, O gracious One.

Throughout Pascha, in place of “Glory to you” and “Heavenly King”:

Leader: Christ is risen from the dead! By death he trampled Death; and to those in the tombs he granted life.

Response: Christ is risen from the dead! By death he trampled Death; and to those in the tombs he granted life. *(Twice)*

From Ascension Thursday until the eve of Pentecost, we omit “Glory to you” and “Heavenly King”, without replacement.

Holy God, Holy and Mighty, Holy and Immortal,
have mercy on us. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Most Holy Trinity, have mercy on us;
Lord, cleanse us of our sins;
Master, forgive our transgressions;
Holy One, come to us and heal our infirmities
for your name's sake.

Lord, have mercy. (*Three times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

All: Amen.

Lord, have mercy. (*12 times*)

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

The Third Hour

Come, let us worship our King and God. (*bow*)

Come, let us worship Christ our King and God. (*bow*)

Come, let us worship and bow before the only Lord Jesus Christ,
the King and our God. (*bow*)

Psalm 16

Lord, hear a cause that is just,
pay heed to my cry.

Turn your ear to my prayer:
no deceit is on my lips.

From you may my judgment come forth.
Your eyes discern the truth.

You search my heart, you visit me by night.
You test me by fire and you find in me no wrong.
My words are not sinful like men's words.

I kept from violence because of your word,
I kept my feet firmly in your paths;
there was no faltering in my steps.

I am here and I call, you will hear me, O God.
Turn your ear to me; hear my words.

Display your great love, you whose right hand saves
your friends from those who rebel against them.

Guard me as the apple of your eye.
Hide me in the shadow of your wings
from the violent attack of the wicked.

My foes encircle me with deadly intent.
Their hearts tight shut, their mouths speak proudly.
They advance against me, and now they surround me.

Their eyes are watching to strike me to the ground,
as though they were lions ready to claw
or like some young lion crouched in hiding.

Lord, arise, confront them, strike them down!
Let your sword rescue my soul from the wicked.

Let your hand, O Lord, rescue me from men,
from men whose reward is in this present life.

You give them their fill of your treasures;
they rejoice in abundance of offspring
and leave their wealth to their children.

As for me, in my justice I shall see your face
and be filled, when I awake, with the sight of your glory.

Psalm 24

To you, O Lord, I lift up my soul.
I trust you, let me not be disappointed;
do not let my enemies triumph.

Those who hope in you shall not be disappointed,
but only those who wantonly break faith.

Lord, make me know your ways.
Lord, teach me your paths.

Make me walk in your truth, and teach me:
for you are God my savior.

In you I hope all day long.
Remember your mercy, Lord,
and the love you have shown from of old.

Do not remember the sins of my youth.
But remember me according to your mercy,
because of your goodness, O Lord.

The Lord is good and upright.
He will give laws to those who stray.

He guides the humble in the right path,
He teaches his way to the poor.

His ways are faithfulness and love
for those who keep his covenant and will.

Lord, for the sake of your name
forgive my guilt, for it is great.

If anyone fears the Lord
he will give laws for the way he should choose.

His soul will dwell among the good
and his children shall possess the land.

The Lord's friendship is for those who revere him;
to them he reveals his covenant.

My eyes are always on the Lord,
for he rescues my feet from the snare.

Turn to me and have mercy
for I am lonely and poor.

The afflictions of my heart have multiplied.
Set me free from my distress.

See my affliction and my toil
and take all my sins away.

See how many are my foes;
how violent their hatred for me.

Preserve my life and rescue me.
Do not disappoint me, you are my refuge.

May innocence and uprightness protect me:
for my hope is in you, O Lord.

Redeem Israel, O God, from all its distress.

Psalm 50

Have mercy on me, O God, in your kindness.
In your compassion blot out my offense.

O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;
my sin is always before me.

Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.

O see, in guilt I was born,
a sinner was I conceived.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.

Sprinkle me with hyssop, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may thrill.

From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.

Do not cast me away from your presence
nor deprive me of your Holy Spirit.

Give me again the joy of your help;
with a spirit of fervor sustain me;

That I may teach transgressors your ways
and sinners may return to you.

Deliver me from blood-guilt, O God, my saving God,
and my tongue shall ring out your goodness.

O Lord, open my lips,
and my mouth will declare your praise.

For in sacrifice you take no delight,
burnt offering from me you would refuse;

My sacrifice, a contrite spirit,
a contrite, humbled heart you will not spurn.

In your goodness, O Lord, show favor to Zion;
rebuild the walls of Jerusalem.

Then you will be pleased with lawful sacrifice,
burnt offerings wholly consumed;
then you will be offered young bulls on your altar.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

And then, three times with a bow each time:

Alleluia! Alleluia! Alleluia!
Glory to you, O God!

Lord, have mercy. *(3 times)*

If there are two troparia, the first is sung here.

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

*We sing the appointed TROPARION (or the second, if there are two).
Continuing in the same tone, we sing the theotokion of the Hour:*

Now and ever and forever. Amen.

O Theotokos, you are the true vine laden with the Fruit of life; therefore,
we implore you, O Lady, to intercede together with the apostles and all
the saints that we may obtain mercy for our souls.

Then we chant the following verses (Ps. 67:20-21):

May the Lord God be blessed;
may the Lord be blessed day after day.
The God of our salvation will prosper us;
this God of ours is a God who saves.

Holy God, Holy and Mighty, Holy and Immortal,
have mercy on us. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Most Holy Trinity, have mercy on us; Lord, cleanse us of our sins;
Master, forgive our transgressions;
Holy One, come to us and heal our infirmities
for your name's sake.

Lord, have mercy. (*Three times*)

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Our Father, who art in heaven, hallowed be thy name; thy
kingdom come; thy will be done on earth as it is in heaven. Give
us this day our daily bread; and forgive us our trespasses as we
forgive those who trespass against us; and lead us not into
temptation,

but deliver us from evil.

All: Amen.

The appointed KONTAKION is sung.

Lord, have mercy. (*40 times*)

Leader: O good God, in all times and places you are worshiped and glorified both in heaven and on earth. You are long-suffering and generous in your mercy and compassion. You love the just and show mercy to the sinner, calling all to repentance through the promise of blessings to come. Deem, O Lord, at this very hour, to receive our supplications and to direct our lives in the path of your commandments. Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; deliver us from all affliction, trouble, and distress; surround us with your holy angels so that, guided and guarded in their camp, we may attain oneness of faith and the knowledge of your unspeakable glory. For you are blessed forever and ever.

Response: Amen.

Lord have mercy. (*Three times*)

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

More honorable than the cherubim,
and beyond compare more glorious than the seraphim;
who, a virgin, gave birth to God the Word,
you, truly the Theotokos, we magnify.

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

Response: Amen.

Leader: Master and God: Almighty Father, only-begotten Son, Lord
Jesus Christ, and Holy Spirit, one divinity and one might, have
mercy on me, a sinner, and save me, your unworthy servant, according to
the ways of your wisdom. For you are blessed forever and ever.

Response: Amen.

Typika Follows on page 12

Typika

Come, let us worship our King and God. (*bow*)

Come, let us worship Christ our King and God. (*bow*)

Come, let us worship and bow before the only Lord Jesus Christ,
the King and our God. (*bow*)

Psalm 102

Bless the Lord, O my soul,
and all my being, bless his holy name.

Bless the Lord, O my soul,
and never forget all his blessings.

It is he who forgives all your guilt,
who heals every one of your ills,

Who redeems your life from the grave,
who crowns you with love and compassion,

Who fills your life with good things,
renewing your youth like an eagle's.

The Lord does deeds of justice,
gives judgment for all who are oppressed.

He made known his ways to Moses
and his deeds to Israel's sons.

The Lord is compassion and love,
slow to anger and rich in mercy.

His wrath will come to an end;
he will not be angry forever.

He does not treat us according to our sins
nor repay us according to our faults.

For as the heavens are high above the earth
so strong is his love for those who fear him.

As far as the east is from the west
so far does he remove our sins.

As a father has compassion on his sons,
the Lord has pity on those who fear him;

For he knows of what we are made,
he remembers that we are dust.

As for man, his days are like grass;
he flowers like the flower of the field;

The wind blows and he is gone
and his place never sees him again.

But the love of the Lord is everlasting
upon those who hold him in fear;

His justice reaches out to children's children
when they keep his covenant in truth,
when they remember his commands and do them.

The Lord has set his throne in heaven
and his kingdom is ruling over all.

Bless the Lord, all his angels,
mighty in power, fulfilling his word,
who heed the voice of his word.

Bless the Lord, all his hosts,
his servants who do his will.

Bless the Lord, all his works,
in every place where he rules.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Bless the Lord, O my soul!
and all my being, bless his holy name.

Blessed are you, O Lord.

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

Psalm 145

Praise the Lord, O my soul.

I will praise the Lord all my life.

I will make music to my God while I live.

Put no trust in princes,

in mortal men in whom there is no help.

Take their breath, they return to clay

and their plans that day come to nothing.

He is happy who is helped by Jacob's God,

whose hope is in the Lord his God,

Who alone made heaven and earth,

the seas and all they contain.

It is the Lord who keeps faith forever,

who is just to those who are oppressed.

It is he who gives bread to the hungry,

the Lord, who sets prisoners free,

The Lord who gives sight to the blind,

who raises up those who are bowed down,

The Lord, who protects the stranger

and upholds the widow and orphan.

It is the Lord who loves the just

but thwarts the path of the wicked.

The Lord will reign forever,

Zion's God, from age to age.

Now and ever

and forever. Amen.

And then the Hymn of the Incarnation:

O only-begotten Son and Word of God, who, being immortal, deigned for our salvation to become incarnate of the holy Theotokos and Ever-Virgin Mary, and became man without change; you were also crucified, O Christ our God, and by death have trampled Death, being One of the Holy Trinity, glorified with the Father and the Holy Spirit, save us.

The Beatitudes

Appointed TROPARIA may be inserted after the numbered verses.

In your kingdom, remember us, O Lord,
when you come in your kingdom.

12. Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

11. Blessed are they who mourn,
for they will be comforted.

10. Blessed are the meek,
for they will inherit the land.

9. Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.

8. Blessed are the merciful,
for they will be shown mercy.

7. Blessed are the pure of heart,
for they will see God.

6. Blessed are the peacemakers,
for they will be called children of God.

5. Blessed are they who are persecuted for the sake of
righteousness,
for theirs is the kingdom of heaven.

4. Blessed are you when they insult you and persecute you
and utter every kind of evil against you falsely because of
me.

3. Rejoice and be glad,
for your reward will be great in heaven.
2. Glory to the Father, and to the Son,
and to the Holy Spirit.
1. Now and ever
and forever. Amen.

At this point, the PROKEIMENON, APOSTOLIC READING, ALLELUIA, and GOSPEL for the day may be read, as at the Divine Liturgy. If there is no priest, the priest's and deacon's exclamations are omitted, incense is not used, and the leader reads the Gospel from before the tetrapod, facing east, in an ordinary voice.

Then the service continues:

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Remember us, O Lord,
when you come in your kingdom.

Remember us, O Master,
when you come in your kingdom.

Remember us, O Holy One,
when you come in your kingdom.

The heavenly choir praises you and says,
Holy, holy, holy, Lord God of hosts;
heaven and earth are filled with your glory.

Look towards him and be radiant;
let your faces not be abashed.

The heavenly choir praises you and says,
Holy, holy, holy, Lord God of hosts;
heaven and earth are filled with your glory.

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

The choir of holy angels and archangels, with all the heavenly powers, praises you and says,
Holy, holy, holy, Lord God of hosts;
heaven and earth are filled with your glory.

Now and ever
and forever. Amen.

The Symbol of Faith

I believe in one God, the Father Almighty, Creator of heaven and earth, of all things visible and invisible; and in one Lord Jesus Christ, Son of God, the only-begotten, born of the Father before all ages. Light from light, true God from true God, begotten, not made, one in essence with the Father; through whom all things were made. For us and for our salvation, he came down from heaven and was incarnate from the Holy Spirit and the Virgin Mary, and became man. He was crucified for us under Pontius Pilate, and suffered and was buried. He rose on the third day according to the scriptures. He ascended into heaven and is seated at the right hand of the Father, and he is coming again in glory to judge the living and the dead, and his kingdom will have no end. And in the Holy Spirit, the Lord, the Creator of Life, who proceeds from the Father. Together with the Father and the Son he is worshiped and glorified; he spoke through the prophets. In one, holy, catholic, and apostolic Church. I profess one baptism for the remission of sins. I expect the resurrection of the dead and the life of the world to come. Amen.

Remit, pardon, and forgive our transgressions, voluntary and involuntary, in deed and in word, with knowledge and in ignorance, in thought and in desire, by night and by day, forgive them all, O God, for you are good and love us all.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

All: Amen.

The prescribed KONTAKIA are now sung. If it is a Sunday, a feast, or during a festive period, the proper kontakion is sung. If it is not a Sunday or a feast, the kontakia of the patron of the church, of the day of the week, and of the saint of the day are sung followed by “Glory” and the kontakion of the Departed (“With the saints, O Christ”) and finally “Now and ever” and the theotokion “Steadfast Protectress of Christians,” or the kontakion of the patronal day of the church if it is dedicated to the Theotokos, or, on Saturday, the Kontakion of All Saints (“To you, O Lord, Gardener of all Creation”).

Lord, have mercy. *(12 times)*

Leader: Most holy Trinity, Consubstantial Power, Indivisible Kingdom, Cause of all good things, look favorably upon me, a sinner, at this present hour. Take away all the defilement of my mind and enlighten my understanding that I may always praise, glorify, and say:

Response: One is holy, one is Lord, Jesus Christ, to the glory of God the Father. Amen.

Blessed be the name of the Lord, now and forever. *(three times)*

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Psalm 33

I will bless the Lord at all times,
his praise always on my lips;

In the Lord my soul shall make its boast.
The humble shall hear and be glad.

Glorify the Lord with me.
Together let us praise his name.

I sought the Lord and he answered me;
from all my terrors he set me free.

Look towards him and be radiant;
let your faces not be abashed.

This poor man called, the Lord heard him
and rescued him from all his distress.

The angel of the Lord is encamped,
around those who revere him, to rescue them.

Taste and see that the Lord is good.
He is happy who seeks refuge in him.

Revere the Lord, you his saints.
They lack nothing, those who revere him.

Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing.

Come, children, and hear me
that I may teach you the fear of the Lord.

Who is he who longs for life and many days,
to enjoy his prosperity?

Then keep your tongue from evil
and your lips from speaking deceit.

Turn aside from evil and do good;
seek and strive after peace.

The Lord turns his face against the wicked

to destroy their remembrance from the earth.

The Lord turns his eyes to the just
and his ears to their appeal.

The just cried out and the Lord heard them,
and rescued them from all their distress.

The Lord is close to the broken-hearted;
those whose spirit is crushed he will save.

Many are the trials of the just,
but from them all the Lord will rescue them.

He will keep guard over all their bones,
not one of their bones shall be broken.

Evil brings death to the wicked;
those who hate the good are doomed.

The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

It is truly proper to glorify you, O Theotokos, the ever-blessed,
immaculate, and the mother of our God. More honorable than the
cherubim, and beyond compare more glorious than the seraphim;
who, a virgin, gave birth to God the Word, you, truly the
Theotokos, we magnify.

*Throughout Pascha, the following is sung in place of "It is truly
proper to glorify you:"*

The angel exclaimed to her, full of grace: Rejoice, O pure Virgin;
and again, I say: Rejoice! Your Son is risen from the grave on the
third day and has raised the dead. Rejoice, all you nations!

Shine in splendor, O new Jerusalem, for the glory of the Lord is risen upon you. O Zion, now dance and be glad; and you, pure Theotokos, rejoice in the resurrection of your Son.

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

Response: Amen