

THE OFFICE OF THE SIXTH HOUR

The Sixth Hour for Use at Home

If the Sixth Hour is read immediately after the Third Hour, we begin with “Come let us worship...”

If the Third Hour was not read immediately before, we start with the Usual Beginning (see Third Hour)

Come, let us worship God our King. Come, let us worship and fall down before Christ, our King and our God. Come, let us worship and fall down before Christ Himself, our King and our God.

Psalm 53

O God, save me in Thy name; and in Thy power Thou shalt judge me. O God, hearken unto my prayer, give heed to the sayings of my mouth. For strangers have risen up against me, and the mighty have sought after my soul; and they have not set God before them. For, behold, God helpeth me; and the Lord is the succor of my soul. He shall return evils to mine enemies: in Thy truth do Thou utterly destroy them. Willingly I will sacrifice unto Thee; I will confess Thy name, O Lord, for it is good. For out of all my tribulation hast Thou delivered me; and mine eye hath looked upon mine enemies.

Psalm 54

Give heed to my prayer, O God, and disregard not my supplication. Attend to me and hearken unto me: I was afflicted in my meditation, and was disquieted at the voice of an enemy, and at the tribulation caused me by a sinner. For they have charged me with a transgression, and in wrath have they borne malice against me. My heart is disquieted within me, and the dread of death hath fallen upon me; fear and trembling have come upon me; and darkness hath covered me. And I said, Who will give me wings like a dove? And I will fly away and be at rest. Behold, I have fled away and abode in the desert. I waited upon God, who hath saved me from faintheartedness, and from a stormy tempest. Drown them, O Lord, and sever their tongues, for I have seen transgression and strife in the city. Day and night it compasseth her upon her walls, and transgression and labor and unrighteousness in the midst of it: and usury and deceit have not vanished from her streets. For if an enemy had reviled me, I could have borne it; and if he that hated me had spoken greatly against me, I would have hid myself from him. But thou, like-minded man, my guide and mine acquaintance, who together with me sweetened our food: in the house of God we walked with one accord. Let death come upon them, and let them go down into hell alive, for there is evil in their dwellings, in their midst. I have cried unto God,

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and the Lord hath hearkened unto me. In the evening and in the morning and at noonday I will declare and proclaim, and He shall hearken unto my voice. He shall redeem my soul in peace from them that draw nigh to me, for they were with me in many things. God shall hearken and shall humble them, He that is before the ages. For there is no change with them, for they have not feared God. He hath stretched forth his hand to reward; they have profaned His covenant. They have been scattered by the wrath of His face, their hearts have drawn nigh; their words are become softer than oil, and they themselves are darts. Cast thy burden upon the Lord, and He shall sustain thee: He shall not permit the righteous to be disquieted for ever. But Thou, O God, shalt cast them down into the pit of destruction: men of blood and deceit shall not live out half their days. But I, O Lord, will hope in Thee.

Psalm 90

He that dwelleth in the help of the Most High, under the shelter of the God of heaven shall abide. He shall say to the Lord, Thou art my succor, and my refuge; my God, and I shall hope in him. For He shall deliver thee from the snare of the hunters, and from the seditious word. With His shoulders shall He overshadow thee, and under His wings shalt thou hope: with armor shall His truth encircle thee. Thou shalt not fear the terror of night, the arrow that flieth by day, nor the things that walk about in the darkness, nor calamity, nor the noonday demon. A thousand shall fall at thy side, and ten thousand at thy right hand, but it shall not come nigh thee. Yet with thine eyes shalt thou behold, and the reward of sinners shalt thou see. For Thou, O Lord, art my hope: thou hast made the Most High thy refuge. There shall not come to thee any evil, and no scourge shall come nigh Thy dwelling: for He shall give his angels charge over Thee, to keep Thee in all thy ways. In their hands shall they bear Thee up, lest thou dash Thy foot against a stone. Upon the asp and basilisk shalt Thou tread, and Thou shalt trample upon the lion and the serpent. For he hath hoped in me, and I will deliver him; I will shelter him, for he hath known my name. He shall call unto me, and I will hear him; I am with him in tribulation, I will redeem him, and I will glorify him. Unto length of days will I satisfy him, and I will show him my salvation.

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

Alleluia, alleluia, alleluia, glory to Thee, O God. (*thrice*)

Lord, have mercy. (*thrice*)

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Read the first Troparion of the Day (if Sunday, usually the Resurrectional Troparion)

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

Read the second Troparion of the Day (from the Menaion) or the Festal Troparion (if a Great Feast; if there is but one Troparion, it is read here.)

If you don't have the Troparion of the Day, use the Prayer of the Sixth Hour as in Great Lent:

O Thou who, on the sixth day and at the sixth hour, didst nail to the cross Adam's daring sin in Paradise, tear asunder also the handwriting of our sins, O Christ God, and save us.

verse a: Give heed to my prayer, O God, and disregard not my supplication.
repeat the Prayer of the Sixth Hour

verse b: I have cried unto God, and the Lord hath hearkened unto me. *repeat the Prayer of the Sixth Hour*

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

Now and ever and unto ages of ages. Amen.

Since we have no boldness, because of our manifold sins, do Thou implore Him who was born of thee, O Virgin Theotokos, for the prayer of a mother availeth much to the good will of the Master; despise not the supplications of sinners, O all-revered one, for merciful and powerful to save is He who deigned to suffer for us.

Let Thy compassion speedily come before us, O Lord, for we are become exceeding poor; help us, O God our Savior, for the sake of the glory of Thy name, and cleanse our sins, for Thy name's sake.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*thrice*)

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

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All-Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, look upon and heal our infirmities for Thy name's sake.

Lord, have mercy. (*thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. 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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one. Through the prayers of our holy fathers, Lord Jesus Christ Son of God have mercy on us. Amen.

Read the Kontakion of the Day (from the Octoechos or Menaion)

If you don't have the Kontakion of the Day, use the following as in Great Lent:

Thou hast wrought salvation in the midst of the earth, O Christ God, thou who didst stretch out Thine immaculate hands upon the Cross; thou hast gathered together all the nations that call out: O Lord, glory to Thee.

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

We venerate Thine immaculate icon, O Good One, asking pardon of our offenses, O Christ God. For Thou wast pleased of thy good will to ascend the Cross in the flesh, to deliver those whom Thou hadst fashioned from bondage to the enemy. Wherefore, in thanksgiving, we cry out to Thee: Thou hast filled all things with joy, O our Savior, for Thou hast come to save the world.

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

On Monday, Tuesday, and Thursday (and Saturday and Sunday)

A fountain of tenderness art thou, O Theotokos; make us worthy of compassion. Look upon the people who have sinned; show thy power as ever, for hoping in thee, we cry out to thee: "Rejoice!" as once did Gabriel, the chief captain of the bodiless powers.

On Wednesday and Friday

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Exceedingly glorified art thou, O Theotokos Virgin, we hymn thee; by the Cross of thy Son, was hell overthrown, and death was slain, and we who were dead arose and were vouchsafed life, having received the ancient enjoyment of Paradise. Giving thanks, therefore, we glorify Christ our God as the Mighty One and the only One plenteous in Mercy.

Lord, have mercy. (*forty times*)

O Thou, who at all times, and at every hour, both in heaven, and on earth, art worshipped and glorified, O Christ God, long-suffering, great in mercy and goodness of heart, who lovest the righteous and hast mercy on sinners, who callest all men to salvation through tidings of good things to come: do Thou, the same Lord, receive also our prayers at this hour; direct our lives in Thy commandments, sanctify our souls, cleanse our bodies, direct our thoughts, cleanse our minds, and deliver us from every tribulation, wickedness, and affliction; encompass us by Thy holy angels, that guarded and guided by their host, we may become worthy of the unity of the faith, and of the understanding of Thine unapproachable glory, for blessed art Thou unto ages of ages. Amen.

Lord, have mercy. (*thrice*)

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

More honorable than the Cherubim, and more glorious without compare than the Seraphim, who without corruption gavest birth to God the word, verily Theotokos, we magnify thee.

Through the prayers of our holy fathers, Lord Jesus Christ Son of God have mercy on us. Amen.

The Prayer of St. Ephrem is said here during Fasts:

O Lord and Master of my life, the spirit of idleness, of despondency, of love of power, and of idle words grant me not. (*prostration*) But the spirit of continence, of humility, of patience, and of love do Thou grant unto me Thy servant. (*prostration*) Yea, O Lord and King, grant me to perceive my own offenses and not to judge my brother, for blessed are thou unto the ages of ages. Amen. (*prostration*)

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O God and Lord of Powers, and of all creation the Artificer, who through the tenderness of Thine incomparable mercy, didst send down Thine Only-begotten Son, our Lord Jesus Christ, for the salvation of our race, and by His honorable Cross didst tear up the handwriting of our sins, and with it didst triumph over the origins and powers of darkness: Thyself, O Master, who lovest man, accept also these thanksgivings and prayers of supplication of us sinners. Deliver us from every dark and harmful fall and from every enemy both visible and invisible that seeketh after us to do us evil. Nail our flesh to the fear of Thee, and incline not our words or thoughts of evil, but wound our souls with longing for Thee, that ever looking unto thee and guided by the light that is from Thee, beholding the unapproachable and everlasting Light, we may send up unceasing confession and thanksgiving, to the Father, who is without beginning, together with Thine Only-begotten Son, and Thine all-holy, and good, and life-creating Spirit, now and ever, and unto ages of ages. Amen.