

OFFICE OF THE THIRD HOUR

The Third Hour for Use at Home

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

Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, who art everywhere present and fillest all things, Treasury of good things, and Giver of Life: Come and abide in us, and cleanse us from every stain, and save our souls, O Good One.

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.

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.

Lord, have mercy. (*twelve times*)

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

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.

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Psalm 16

Hearken, O Lord, to my righteousness; attend to my supplication; give heed to my prayer, not on deceitful lips. From Thy face my judgment shall come; let mine eyes behold uprightness. Thou hast proved my heart, Thou hast looked upon me by night; Thou hast tried me by fire, and unrighteousness hath not been found in me. That my mouth speak not the works of men, for the sake of the words of Thy lips have I kept to hard ways. Guide my footsteps in Thy paths, that my steps not be moved. I cried, for Thou hast heard me, O God; incline Thine ear unto me and hearken unto my sayings. Reveal the wonders of Thy mercies, Thou that savest them that hope in Thee. From them that have resisted Thy right hand, keep me, O Lord, as the apple of an eye. Under the shelter of Thy wings, give me shelter, from the face of the impious that have made me grow weary. Mine enemies have surrounded my soul; they are shut up in their own fatness: their mouths have spoken proud things. They have cast me out and now have encompassed me; their eyes have they set down to the earth. They have seized me as a lion ready for the prey, as a young lion dwelling in secret places. Arise, O Lord, come before them and overthrow them; deliver my soul from the impious, Thy sword from the enemies of Thy hand. O Lord, give them a part of the small things from the earth in their life; from Thy hidden stores is their belly filled. They have satisfied themselves with swine, and they have left the remnants for their babes. But I will appear before Thy face with righteousness; I will be satisfied when I appear before Thy glory.

Psalm 24

Unto Thee, O Lord, have I lifted up my soul. O my God, in Thee have I trusted; let me not be ashamed for ever. Neither let mine enemies laugh at me, for all those that wait upon Thee shall not be ashamed. Let those who transgress in vain be put to shame. Make Thy ways known to me, O Lord, and teach me Thy paths. Guide me to Thy truth and teach me; for Thou art God my Savior, and I have waited upon Thee all the day. Remember Thy compassions, O Lord, and Thy mercies, for Thou art from everlasting. The sins of my youth and mine ignorance remember not. According to Thy mercy, remember Thou me, for Thy goodness' sake, O Lord. Good and upright is the Lord; therefore He shall lay down a law for them that sin in the way. He shall guide the meek in judgment; He shall teach the meek in His ways. All the ways of the Lord are mercy and truth to them that seek after His covenant and His testimonies. For Thy name's sake, O Lord, cleanse my sins, for they are many. Who is the man that feareth the Lord? He shall lay down a law for him in the way which he hath chosen. His soul shall abide amid good things; and his seed shall inherit the earth. The Lord is strength to them that fear Him, and He shall

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manifest His covenant unto them. Mine eyes are continually toward the Lord, for He shall pluck my feet out of the snare. Look upon me and have mercy on me, for I am an only-begotten child and poor. The tribulations of my heart are multiplied: from my necessities lead me forth. See my humility and my labor, and forgive all my sins. See mine enemies, for they are multiplied, and have hated me with an unrighteous hatred. Keep Thou my soul, and deliver me, that I not be ashamed, for I have hoped in thee. The guileless and the upright have cleaved unto me, for I have waited upon Thee, O Lord. Redeem Israel, O God, from all his tribulations.

Psalm 50

Have mercy on me, O God, according to thy great mercy, and according to the multitude of thy compassions, blot my transgressions. Wash me yet more from my transgressions, and from my sin purify Thou me: for I know my transgression, and my sin is continually before me. Against Thee alone have I sinned, and have done evil before Thee; that Thou mightest be justified in Thy words, and conquer when Thou art judged. Behold, in transgressions was I conceived, and in sins did my mother bear me. Behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou revealed unto me. Thou shalt sprinkle me with hyssop and I shall be cleansed; Thou shalt wash me, and I shall be whiter than snow. Thou shalt make me hear joy and gladness; the bones that have been humbled shall rejoice. Turn away Thy face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit in my inmost parts. Cast me not away from Thy face, and take not Thy Holy Spirit from me. Give me again the joy of Thy salvation, and establish me with a princely spirit. Then will I teach transgressors Thy ways, and the impious shall return unto Thee. Deliver me from bloodguiltiness, O God, the God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, open Thou my lips and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I would have given it; with whole-burnt offerings Thou wilt not be pleased. A sacrifice to God is a broken spirit; a broken and humbled heart God will not despise. Do good, O Lord, in Thy good will unto Zion; and let the walls of Jerusalem be built. Then shalt Thou be pleased with the sacrifice of righteousness, oblations, and whole-burnt offerings: then shall they lay bullocks upon Thine altar.

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*)

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Lord, have mercy. (*thrice*)

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 Third Hour as in Great Lent:

O Lord, who at the third hour didst send down Thine all-holy Spirit upon Thine Apostles, take not the same from us, O Good One, but renew Him in us who pray unto Thee.

verse a: Create in me a clean heart, O God, and renew a right spirit within me. repeat the Prayer of the Third Hour

verse b: Cast me not away from Thy face, and take not Thy Holy Spirit from me. repeat the Prayer of the Third Hour

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

Now and ever and unto ages of ages. Amen.

O Theotokos, thou art the true vine who didst bud forth for us the Fruit of Life. Thee do we supplicate; intercede, O Lady, with the Apostles and all the Saints, that He will have mercy on our souls.

The Lord God is blessed, the Lord God is blessed day by day; the God of our salvation doth prosper us. Our God is the God who saveth.

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:

Blessed art Thou, O Christ our God, who hast revealed the fishermen as most wise, by sending down upon them the Holy Spirit. Through them Thou didst draw the world into Thy net. O Lover of man, glory to Thee.

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

Speedy and steadfast comfort do Thou grant Thy servants, O Jesus, whenever our spirits become dejected. Forsake not our souls in tribulation, neither remove Thyself from our thoughts in distress, but ever go before us. Draw nigh to us, draw nigh, O thou who art everywhere; as Thou art always with Thine apostles, so also unite Thyself to them that long for Thee, O Thou who art bountiful in mercy, so that we together may hymn Thee, and glorify thine all-holy Spirit.

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

The hope, protection, and refuge of Christians, the unassailable wall, the haven for the weary not beset by storms, art thou, O immaculate Theotokos, but in that thou savest the world by thine unceasing intercession, remember us also, O all-hymned Virgin.

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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*)

O Master, God, Father Almighty, Lord, Only-begotten Son, Jesus Christ, and the Holy Spirit, one Godhead, one Power, have mercy on me a sinner, and by the judgments which Thou discernest, save me Thine unworthy servant, for blessed art Thou unto ages of ages. Amen.

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