

**Lord, I Have Cried, tone 7** (on 10) *from the Octoechos, for the Resurrection*  
*Lead forth my soul from prison, that I may confess Thy name.*

Come let us rejoice in the Lord,  
who destroyed the dominion of death!  
Let us sing to Him with the bodiless hosts,  
for He hath enlightened the race of man.  
O our Maker and Savior, glory to Thee!

*The righteous await me, till Thou shalt reward me.*  
Thou didst endure the Cross and burial for our sake!  
By Thy death, Thou didst slay death as God!  
We fall down before Thy Resurrection on the third day,  
O Savior, glory to Thee!

*Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice.*  
When the Apostles beheld the Resurrection of the Maker,  
they were amazed and sang the angelic praise.  
This is the glory of the Church!  
This is the richness of the Kingdom!  
O Lord, crucified for our sake, glory to Thee!

*Let Thine ears give heed to the voice of my prayer.*  
Thou wast held by lawless men, O Christ,  
but to me, Thou art God, and I am not ashamed!  
Thou wast smitten on the cheek, but I do not deny Thee.  
Thou wast nailed to the Cross, and I do not conceal it,  
for I glory in Thy Resurrection – Thy death is my life!  
O Almighty Lord and Lover of man, glory to Thee!

*If thou observest transgressions, Lord, O Lord, who shall stand? For with Thee is propitiation.*

Fulfilling the prophecy of David,  
Christ hath manifested His greatness in Zion to the disciples.  
He is praised and always glorified,  
together with the Father and the Holy Spirit.  
At first, as the Word, He was bodiless,  
but then, He took flesh and was slain for our sake.  
He rose in power as the Lover of man!

*For Thy name's sake, I have waited upon Thee, O Lord; my soul hath waited upon Thy word; my soul hath hoped in the Lord.*

Thou didst descend into hell as Thou didst will, O Christ,  
overthrowing death as God and rising on the third day as Master!  
With Thyself, Thou didst raise Adam

from the bonds of hell and from corruption.  
Glory to Thy Resurrection, O only Lover of man!

**Lord, I Have Cried, tone 5** *Triodion, Third Sunday of Fast*

*From the morning watch even to the night, let Israel hope in the Lord.*

Shine, O Cross of the Lord,

shine with the light of thy grace upon the hearts of those that honor thee.

With love inspired by God, we embrace thee, O desire of all the world.

Through thee our tears of sorrow have been wiped away;

we have been delivered from the snares of death

and have passed over to unending joy.

Show us the glory of thy beauty

and grant to us thy servants the reward of our abstinence,

for we entreat with faith thy rich protection and great mercy.

*For with the Lord there is mercy, and with him is plenteous redemption, and He shall redeem Israel from all his transgression.*

Rejoice! life-giving Cross, the fair Paradise of the Church,

Tree of incorruption that bringeth us the enjoyment of eternal glory:

through thee the hosts of demons have been driven back;

and the hierarchies of angels rejoice with one accord,

as the congregations of the faithful keep the feast.

Thou art an invincible weapon and unbroken stronghold;

thou art the victory of kings and the glory of priests.

Grant us now to draw near to the Passion of Christ and to His Resurrection.

*O praise the Lord, all ye nations, praise him, all ye people.*

Rejoice! life-giving Cross,

unconquerable trophy of the true faith,

door to Paradise, succor of the faithful,

rampart set about the Church.

Through thee the curse is utterly destroyed,

the power of death is swallowed up,

and we are raised from earth to heaven:

invincible weapon, adversary of demons,

glory of martyrs, true ornament of holy monks,

haven of salvation bestowing on the world great mercy.

*For His mercy hath been confirmed upon us, and the truth of the Lord remaineth for ever.*

Come, Adam and Eve, our first father and mother,

who fell from the choir on high through the envy of the murderer of man,

when of old with bitter pleasure ye tasted from the tree in Paradise.

See, the Tree of the Cross, revered by all, draweth near!

Run with haste and embrace it joyfully, and cry to it with faith:

O precious Cross, thou art our succor;  
partaking of thy fruit, we have gained incorruption;  
we are restored once more to Eden,  
and we have received great mercy.

*Glory...tone 3*

O Christ our God, of Thine own will Thou hast accepted crucifixion,  
that all mankind might be restored to life.  
Taking the quill of the Cross, out of love for man  
in the red ink of royalty with bloody fingers Thou hast signed our absolution.  
We are in danger once again of being parted from Thee;  
O forsake us not!  
Take pity on thy people in distress,  
for Thou alone art longsuffering.  
Rise up and fight against our enemies in Thine almighty power.

*...now and ever...Dogmaticon, tone 7*

No tongue can speak of thy wonderful childbearing,  
for the order of nature was overruled by God!  
Thou wast revealed to be a mother above nature,  
for thou didst remain a virgin beyond reason and understanding!  
Thy conception was most glorious, O Theotokos!  
The manner of thy giving birth was ineffable, O Virgin!  
Knowing thee to be the Mother of God,  
devoutly we pray to thee.  
Beseech Him to save our souls.

**Aposticha, tone 7** *Octoechos, for the Resurrection*

As the Savior of the world, Thou didst arise from the tomb!  
As God, Thou didst resurrect the race of men with Thy flesh!  
O Lord, glory to Thee!

*The Lord hath become King, with beauty hath He clothed Himself!*  
Come, let us worship the One who rose from the dead  
and enlightened all creation!  
By His death, He saved us from the torments of hell!  
By his Resurrection he hath granted us eternal life and great mercy!

*For He hath established the world, which shall not be moved.*  
Into Hell didst Thou descend,  
capturing death, O Christ!  
In three days didst Thou arise again,  
resurrecting us who glorify Thy Resurrection,  
O Lord and Lover of man!

*Holiness belongeth to Thy house, O Lord, unto length of days.*  
When Thou wast placed in the tomb as one asleep,  
the sight was great and awesome.  
But when Thou didst rise on the third day as Almighty God,  
Thou didst resurrect Adam with Thyself.  
Glory to Thy Resurrection, O only Lover of man!

**Aposticha** *Glory...Now & ever...tone 4, Triodion, for the Cross*  
O Lord who hast helped gentle David in the combat  
and enabled him to overcome the Philistine,  
come to the aid of Thine Orthodox people,  
and by the weapon of the Cross cast down our enemies.  
In Thy compassion show us thy mercy as of old,  
and make them know in truth that Thou art God,  
and that we who put our trust in Thee shall conquer.  
At the constant intercessions of Thy most pure Mother, grant us Thy great mercy.

**Resurrectional Troparion, tone 7**

By Thy Cross Thou didst destroy death.  
To the thief Thou didst open Paradise.  
For the myrrh-bearers Thou didst change their lamentation into joy.  
And Thou didst command Thine Apostles, O Christ God,  
to proclaim that Thou art risen,  
granting unto the world great mercy.

*Glory to the Father...now and ever....* **Troparion of the Cross, tone 1**

O Lord, save Thy people  
and bless Thine inheritance.  
Grant victory to Orthodox Christians  
over the enemy;  
and by Thy Cross  
preserve Thine estate.