

PENITENTIAL STICHERA FOR 4<sup>TH</sup> WEEK OF LENT FOR USE AT COMPLINE

*insert after the Creed, tone 3*

Save me, O Lord my God,  
for Thou art the salvation of all.  
The billows of my passions sorely trouble me,  
and the burden of my transgressions drags me down.  
Stretch out Thine hand in help and lead me up to the light of compunction,  
for Thou only art compassionate and lovest mankind.

Gather together my scattered mind, O Lord,  
and purify my dry and barren heart,  
giving me like Peter repentance,  
like the Publican sighs of sorrow,  
and like the Harlot tears,  
that I may cry with a loud voice unto Thee:  
Save me, O God, for thou only art compassionate and lovest mankind.

Often when I offer praise to God,  
I am found to be committing sin;  
for while I sing the hymns with my tongue,  
in my soul I ponder evil thoughts.  
But through repentance, Christ my God,  
set right my tongue and soul, and have mercy on me.

**tone 8**

In my wretchedness I dare not raise my eyes to heaven,  
because of all the evil I have done;  
but like the Publican I groan and cry to Thee:  
O God, be merciful to me a sinner,  
and deliver me from the Pharisee's hypocrisy,  
for Thou only art compassionate.

As we reach today the middle of the time of abstinence,  
by the power of the Cross let us praise Him  
who was raised upon it in the midst of the earth;  
and let us glorify Him as our mighty Savior and our God, crying aloud:  
Grant us to behold, O Master, Thy passion and Thy holy Resurrection,  
and to bestow on us forgiveness and great mercy.

**Glory...**

Let us humble the passions of the body  
through abstinence from food and the rejection of pleasures,  
and let us embrace with faith the Wood of the Cross:  
for it is exalted before us for our veneration,  
and it halloweth all men with the grace of God.  
So let us cry aloud unto the Lord:  
We thank Thee, O compassionate Master,  
who through the Cross dost save our souls.

**Now and ever...tone 6**

Learn from the Lord who humbled Himself for thy sake,  
even to death upon the Cross;  
learn from Him, O my soul,  
the abasement that cometh from being lifted up  
and the exaltation that cometh from humility.  
Do not be exalted by thy virtues;  
do judge thyself righteous and condemn thy neighbor like the boastful Pharisee.  
But with thy mind downcast, thinking only of thy sins, cry like the Publican:  
God be merciful to me a sinner and save me.