

Triodion Hymns to Insert at Midnight Office in the Sixth Week of the Fast

Tone 1

As we set out upon the sixth week of the Fast,
let us sing to Christ a hymn in preparation for the Feast of Palms.
He comes for our sake seated on the foal of an ass,
that as King he may subdue the wild and unruly nations to His Father.
Let us all make ready for Him branches of virtues,
that with rejoicing we may see His Resurrection. *Sessional Hymn for Monday Matin*

Rolling away the stone of hardness from my heart,
raise up my soul that is slain by the Passions, O loving Lord,
and count me worthy in compunction
to bring palms of virtue to Thee the Victor over hell.
So may I obtain eternal life,
singing the praises of Thy power and Thy compassion,
for Thou alone lovest mankind. *Sessional Hymn for Monday Matins*

Tone 4

Deliver us, O Savior, from soul-destroying greed,
and give us a place with Lazarus the poor man in the bosom of Abraham.
For Thou who art rich in mercy hast for our sakes willingly become poor,
and Thou hast led us from corruption into incorruption
because Thou art a God of tender compassion and love for mankind. *Aposticha of Monday Matins*

Tone 6, by Joseph

Wasted by the disease of sin,
I lie on the bed of despair.
O Physician of the sick, visit me in Thy love for mankind;
and, most merciful one, let me not sleep shamefully in death,
but enable me to cry with all my heart to Thee:
Bestower of mercy, O Lord, glory to Thee. *Sessional Hymn for Tuesday Matins*

Tone 6, by Joseph (from Tuesday canon)

Rich by nature, O Christ, Thou hast by Thine own choice become poor;
and Thou who fillest every living thing with plenteousness hast willingly gone hungry.
I hunger for Thy grace, O Word of God:
satisfy me and make me a partaker at Thy table in the Age to come.

Glory... (from Tuesday Canon)

Once in Babylon fasting made the children stronger than the fire.
Be not fainthearted, O my soul, but follow their example,
and thou shalt quench the fire of sensual pleasure with the dew of the Spirit.

Now and ever...tone 5 Theotokion

Most holy Mother of God, rampart of Christians,
deliver us thy people who now and at all times call fervently upon thee.
Make war upon our arrogant and shameful thoughts,
that we may cry to thee: Rejoice, ever-Virgin! *Tuesday Matins Sessional Hymns*