

# *Sunday of the Paralytic*

*(3<sup>rd</sup> Sunday after Pascha)*

*Tone 3*

*May 3, 2026*

MATINS – HYBRID

## *Paschal Troparion*

READER 1x, PEOPLE 2x: Christ is risen from the dead, trampling down death by death and upon those in the tombs bestowing life.

## *The Trisagion Prayers*

PEOPLE: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (3x)

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 iniquities. Holy God, visit and heal our infirmities for Your name's sake.

Lord, have mercy. (3x)

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 trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For Thine is the kingdom and the power and the glory: of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

## *Troparion and Kontakion of the Cross and Theotokion*

LEADER: O Lord, save Your people, and bless Your inheritance, granting to Your people victory over all adversaries, and by Your Cross preserving Your habitation.

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

O Lord, Who of Your own good will were lifted up on the Cross, O Christ our God, bestow Your generous gifts on the new nation which is called by Your name; make glad in Your might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Your aid a weapon of peace and a trophy invincible.

Now and ever, and unto ages of ages. Amen.

O fearsome Champion, who cannot be put to confusion, despise not our petitions, O good and all-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us all to that victory which is from heaven, for you are she who gave birth to God and alone are blessed.

## *Twelve-Fold Lord Have Mercy*

LEADER: Lord, have mercy. (12x)

Through the prayer of our holy fathers, O Lord Jesus Christ, have mercy on us and save us. Amen.

Glory to God in the highest, and on earth peace, good will among men. (3x)

O Lord, open my lips, and my mouth shall declare Your praise. (2x)

## *The Six Psalms*

### *Psalm 3*

Lord, how they have increased who trouble me! Many are they who rise up against me. Many are they who say of me, "There is no help for him in God." But You, O Lord, are a shield for me, my glory and the One Who lifts up my head. I cried to the Lord with my voice, and He heard me from His holy hill. I lay down and slept; I awoke, for the Lord sustained me. I will not be afraid of ten thousands of people who have set themselves against me all around. Arise, O Lord; save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly. Salvation belongs to the Lord. Your blessing is upon Your people.

I lay down and slept; I awoke, for the Lord sustained me.

### *Psalm 38 (LXX 37)*

O Lord, do not rebuke me in Your wrath, nor chasten me in Your hot displeasure! For Your arrows pierce me deeply, and Your hand presses me down. There is no soundness in my flesh because of Your anger, nor any health in my bones because of my sin. For my iniquities have gone over my head; like a heavy burden they are too heavy for me. My wounds are foul and festering because of my foolishness. I am troubled, I am bowed down greatly; I go mourning all the day long. For my loins are full of inflammation, and there is no soundness in my flesh. I am feeble and severely broken; I groan because of the turmoil of my heart. Lord, all my desire is before You; and my sighing is not hidden from You. My heart pants, my strength fails me; as for the light of my eyes, it also has gone from me. My loved ones and my friends stand aloof from my plague, and my relatives stand afar off. Those also who seek my life lay snares for me; those who seek my hurt speak of destruction, and plan deception all the day long. But I, like a deaf man, do not hear; and I am like a mute who does not open his mouth. Thus I am like a man who does not hear, and in whose mouth is no response. For in You, O Lord, I hope; You will hear, O Lord my God. For I said, "Hear me, lest they rejoice over me, lest, when my foot slips, they exalt themselves against me." For I am ready to fall, and my sorrow is continually before me. For I will declare my iniquity; I will be in anguish over my sin. But my enemies are vigorous, and they are strong; and those who hate me wrongfully have multiplied. Those also who render evil for good, they are my adversaries, because I follow what is good. Do not forsake me, O Lord; O my God, be not far from me! Make haste to help me, O Lord, my salvation!

Do not forsake me, O Lord; O my God, be not far from me! Make haste to help me, O Lord, my salvation!

*Psalm 63 (LXX 62)*

O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water. So I have looked for You in the sanctuary, to see Your power and Your glory. Because Your loving-kindness is better than life, my lips shall praise You. Thus I will bless You while I live; I will lift up my hands in Your name. My soul shall be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips. When I remember You on my bed, I meditate on You in the night watches. Because You have been my help, therefore in the shadow of Your wings I will rejoice. My soul follows close behind You; Your right hand upholds me. But those who seek my life, to destroy it, shall go into the lower parts of the earth. They shall fall by the sword; they shall be a portion for jackals. But the king shall rejoice in God; everyone who swears by Him shall glory; but the mouth of those who speak lies shall be stopped. I meditate on You in the night watches. Because You have been my help, therefore in the shadow of Your wings I will rejoice.

My soul follows close behind You; Your right hand upholds me.

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 You, O God. (3x)

Lord, have mercy. (3x)

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

*Psalm 88 (LXX 87)*

O Lord, God of my salvation, I have cried out day and night before You. Let my prayer come before You; incline Your ear to my cry. For my soul is full of troubles, and my life draws near to the grave. I am counted with those who go down to the pit; I am like a man who has no strength, adrift among the dead, like the slain who lie in the grave, whom You remember no more, and who are cut off from Your hand. You have laid me in the lowest pit, in darkness, in the depths. Your wrath lies heavy upon me, and You have afflicted me with all your waves. You have put away my acquaintances far from me; You have made me an abomination to them; I am shut up, and I cannot get out; my eye wastes away because of affliction. Lord, I have called daily upon You; I have stretched out my hands to You. Will You work wonders for the dead? Shall the dead arise and praise You? Shall Your loving-kindness be declared in the grave? Or Your faithfulness in the place of destruction? Shall Your wonders be known in the dark? And Your righteousness in the land of forgetfulness? But to You I have cried out, O Lord, and in the morning my prayer comes before You. Lord, why do You cast off my soul? Why do You hide Your face from me? I have been afflicted and ready to die from my youth; I suffer Your terrors; I am distraught. Your fierce wrath has gone over me; Your terrors have cut me off. They came around me all day long like water; they

engulfed me altogether. Loved one and friend You have put far from me, and my acquaintances into darkness.

O Lord, God of my salvation, I have cried out day and night before You. Let my prayer come before You; incline Your ear to my cry.

*Psalm 103 (LXX 102)*

Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with loving-kindness and tender mercies, Who satisfies your mouth with good things, so that your youth is renewed like the eagle's. The Lord executes righteousness and justice for all who are oppressed. He made known His ways to Moses, His acts to the children of Israel. The Lord is merciful and gracious, slow to anger, and abounding in mercy. He will not always strive with us, nor will He keep His anger forever. He has not dealt with us according to our sins, nor punished us according to our iniquities. For as the heavens are high above the earth, so great is His mercy toward those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us. As a father pities his children, so the Lord pities those who fear Him. For He knows our frame; He remembers that we are but dust. As for man, his days are like grass; as a flower of the field, so he flourishes. For the wind passes over it, and it is gone, and its place remembers it no more. But the mercy of the Lord is from everlasting to everlasting on those who fear Him, and His righteousness to children's children, to such as keep His covenant, and to those who remember His commandments to do them. The Lord has established His throne in heaven, and His kingdom rules over all. Bless the Lord, You His angels, who excel in strength, who do His word, heeding the voice of His word. Bless the Lord, all you His hosts, you ministers of His, who do His pleasure. Bless the Lord, all His works, in all places of His dominion. Bless the Lord, O my soul!

In all places of His dominion, bless the Lord, O my soul!

*Psalm 143 (LXX 142)*

Hear my prayer, O Lord, give ear to my supplications! In Your faithfulness answer me, and in Your righteousness. Do not enter into judgment with Your servant, for in Your sight no one living is righteous. For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in darkness, like those who have long been dead. Therefore my spirit is overwhelmed within me; my heart within me is distressed. I remember the days of old; I meditate on all Your works; I muse on the work of Your hands. I spread out my hands to You; my soul longs for You like a thirsty land. Answer me speedily, O Lord; my spirit fails! Do not hide Your face from me, lest I be like those who go down into the pit. Cause me to hear Your loving-kindness in the morning, for in You do I trust; cause me to know the way in which I should walk, for I lift up my soul to you. Deliver me, O Lord, from my enemies; in You I take shelter. Teach me to do Your will, for You are my God; Your Spirit is good. Lead me in the land of uprightness. Revive me, O Lord, for Your name's sake! For Your righteousness' sake bring my soul out of

trouble. In Your mercy cut off my enemies, and destroy all those who afflict my soul; for I am Your servant.

O Lord, give ear to my supplications and do not enter into judgment with Your servant. (2x)

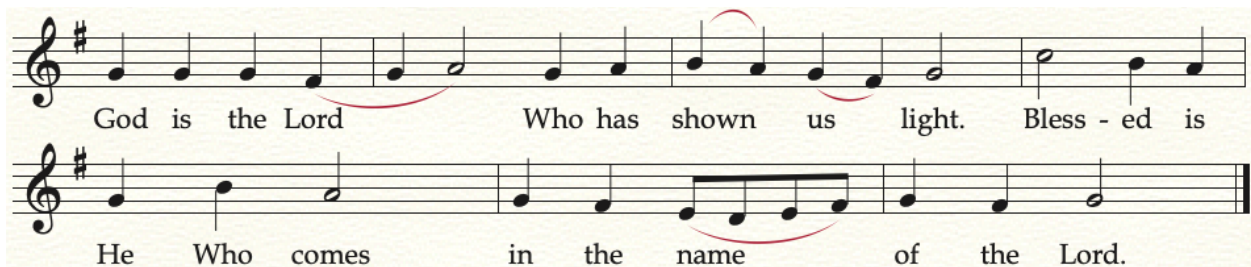
Your Spirit is good. Lead me in the land of uprightness.

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 You, O God. (3x)

O our God and our Hope, glory to You.

**“God is the Lord...” - Psalm 118 (LXX 117) Tone 7 (Byzantine)**



*Verse: O give thanks unto the Lord and call upon His holy name.*

*Verse: All nations surrounded me; but in the name of the Lord will I destroy them.*

*Verse: The stone which the builders refused has become the head cornerstone. This is the Lord's doing; it is marvelous in our eyes.*

**Resurrection Troparion: Tone 3 (Obikhod)**

Let the heavens rejoice! Let the earth be glad! For the Lord has shown strength with His arm! He has trampled down death by death! He has become the firstborn of the dead! He has delivered us from the depths of hell and granted the world great mercy.

**Second Kathisma Hymn**

*Tone 3*

*You have voluntarily taken upon Yourself our entire human nature, O Lord, and You willed to let Yourself to be nailed to the Cross, O God our Creator. You have suffered in Your humanity destroying Death by Your death in order to redeem the human race. Therefore, we sing to You as the Giver of life: Glory to Your infinite mercy, O Christ our God.*

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

*Let us who hold the true Faith speak of the inexpressible Mystery of Your incomprehensible Crucifixion and Your ineffable Resurrection. On this day, Hades*

*and death have been despoiled, and the human race is set free from corruption. Full of thanks, we raise this cry: "Glory to Your holy Resurrection, O Christ our God!"*

*Now and ever, and unto ages of ages. Amen.*

*All of heaven rejoiced with love and the earth was amazed, overcome with great fear and awe when the angel's greeting was addressed to you, O Theotokos! Both heaven and earth share a common feast which bursts forth in brightness, for our first father is delivered from death. Together with the angel we cry aloud, "Rejoice, O most pure Mother and spotless Virgin!"*

### ***Resurrectional Evlogetaria - Tone 5***

Blessed are You, O Lord. Teach me Your statutes.

*The company of the angels was amazed, when they beheld You numbered among the dead; yet You, O Savior, were destroying the power of death and with Yourself raising up Adam and releasing all men from hell.*

Blessed are You, O Lord. Teach me Your statutes.

*Why, O women disciples, do you mingle sweet-smelling spices with your tears of pity? The radiant angel within the sepulcher cried to the myrrh-bearing women: "Behold the grave, and understand; for the Savior is risen from the tomb."*

Blessed are You, O Lord. Teach me Your statutes.

*Very early in the morning the myrrh-bearing women ran lamenting to Your tomb; but an angel came toward them, saying: "The time for lamentation is passed. Do not weep, but announce to the apostles the Resurrection."*

Blessed are You, O Lord. Teach me Your statutes.

*The myrrh-bearing women mourned as they carried ointments and drew near Your tomb, O Savior. But the angel spoke to them, saying: "Why do you number the living among the dead? Since He is God, He is risen from the grave."*

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

*We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one essence; crying with the seraphim: "Holy, holy, holy are You, O Lord."*

Now and ever, and unto ages of ages. Amen.

*Since you bore the Giver of life, O Virgin, you redeemed Adam from sin, and gave to Eve joy in place of sadness; and He Who was incarnate of you, Who is both God and man, has restored to life those who had fallen from it.*

Alleluia, alleluia, alleluia. Glory to You, O God. (3x)

O our God and our hope, glory to You.

***Hypakoe***

*Tone 3*

*Striking in appearance, refreshing in speech, the flashing angel was saying to the myrrhbearers: Why do you look for the Living One in a tomb? Having emptied the tombs He has risen. Know the Unchanging One as the changer of corruption. Say to God: How fearful are Your works! For You have saved mankind.*

### **Anavathmoi**

#### **Antiphon 3**

*Blessed are all who fear the Lord, who walk in His ways, for they shall eat the fullness of the fruits of life.*

*Rejoice, O Chief Shepherd, at seeing Your children around Your table, bearing the branches of virtue.*

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

*The abundant wealth of all glory is in the Holy Spirit from Whom flow grace and life for every creature. He indeed is praised in our songs with the Father and the Word.*

#### **Matins Prokeimenon: Tone 3 - Psalm 96**

Say among the nations the Lord is reigning as King. He has set right the world which will not be shaken.

*Verse: Sing to the Lord a new song. Sing to the Lord all the earth.*

***“Let every breath...”***

#### **Matins Gospel Reading: Eothinon 5 – Luke 24:12-35**

But Peter arose and ran to the tomb; and stooping down, he saw the linen cloths lying by themselves; and he departed, marveling to himself at what had happened. Now behold, two of them were traveling that same day to a village called Emmaus, which was seven miles from Jerusalem. And they talked together of all these things which had happened. So it was, while they conversed and reasoned, that Jesus Himself drew near and went with them. But their eyes were restrained, so that they did not know Him. And He said to them, “What kind of conversation is this that you have with one another as you walk and are sad?” Then the one whose name was Cleopas answered and said to Him, “Are You the only stranger in Jerusalem, and have You not known the things which happened there in these days?” And He said to them, “What things?” So they said to Him, “The things concerning Jesus of Nazareth, who was a Prophet mighty in deed and word before God and all the people, and how the chief priests and our rulers delivered Him to be condemned to death, and crucified Him. But we were hoping that it was He Who was going to redeem Israel. Indeed, besides all this, today is the third day since these things happened. Yes, and certain women of our company, who arrived

at the tomb early, astonished us. When they did not find His body, they came saying that they had also seen a vision of angels who said He was alive. And certain of those who were with us went to the tomb and found it just as the women had said; but Him they did not see.” Then He said to them, “O foolish ones, and slow of heart to believe in all that the prophets have spoken! Ought not the Christ to have suffered these things and to enter into His glory?” And beginning at Moses and all the Prophets, He expounded to them in all the Scriptures the things concerning Himself. Then they drew near to the village where they were going, and He indicated that He would have gone farther. But they constrained Him, saying, “Abide with us, for it is toward evening, and the day is far spent.” And He went in to stay with them. Now it came to pass, as He sat at the table with them, that He took bread, blessed and broke it, and gave it to them. Then their eyes were opened and they knew Him; and He vanished from their sight. And they said to one another, “Did not our heart burn within us while He talked with us on the road, and while He opened the Scriptures to us?” So they rose up that very hour and returned to Jerusalem, and found the eleven and those who were with them gathered together, saying, “The Lord is risen indeed, and has appeared to Simon!” And they told about the things that had happened on the road, and how He was known to them in the breaking of bread.

*“Having Beheld...”*

Having beheld the Resurrection of Christ let us worship the holy Lord Jesus, the only sinless One. We venerate Your Cross, O Christ, and we praise and glorify Your holy Resurrection for You are our God, and we know no other than You. We call on Your name. Come all you faithful, let us venerate Christ’s holy Resurrection. For behold through the Cross, joy has come into all the world. Let us ever bless the Lord, praising His Resurrection; for by enduring the Cross for us He has destroyed death by death.

*Psalm 51 (LXX 50)*

Have mercy upon me, O God, according to Your loving-kindness; according to the multitude of Your tender mercies, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my transgressions, and my sin is always before me. Against You, You only, have I sinned, and done this evil in Your sight — that You may be found just when You speak, and blameless when You judge. Behold, I was brought forth in iniquity, and in sins my mother conceived me. Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Make me hear joy and gladness, that the bones You have broken may rejoice. Hide Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and

uphold me by Your generous Spirit. Then I will teach transgressors Your ways, and sinners shall be converted to You. Deliver me from the guilt of bloodshed, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness. O Lord, open my lips, and my mouth shall show forth Your praise. For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering. The sacrifices of God are a broken spirit, a broken and a contrite heart — these, O God, You will not despise. Do good in Your good pleasure to Zion; build the walls of Jerusalem. Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar.

*Glory to the Father and to the Son and to the Holy Spirit:*

Through the intercession of the apostles, O merciful One, blot out the multitude of my offenses.

*Now and ever and unto ages of ages. Amen.*

Through the intercession of the Theotokos, O merciful One, blot out the multitude of my offenses.

Have mercy on me, O God, according to Your loving-kindness; according to the multitude of Your tender mercies blot out my transgression.

Jesus, having risen from the grave as He foretold, has given us eternal life and great mercy.

***Kontakion of the Paralytic: Tone 3 (Obikhod) – may be omitted***

With Your di-vine pro-tec - tion, O Lord, as You once raised the Paralytic,  
 now lift up my soul par-a-lyzed with all kinds of e-vil deeds of wick-ed-ness,  
 so that, as saved I may cry out to You:  
 Glo - ry to Your might, O mer - ci - ful Christ!

***Ikos – may be omitted***

*O Lord Jesus Christ, eternal with Your divine Father, You hold the whole world in Your hands and share sovereign power with the Spirit. You appeared in the flesh curing illness and driving out passions. You gave sight to the blind; You raised the*

*Paralytic by Your divine word and commanded him to walk and to take his pallet on his shoulders. With him we celebrate and sing to You: Glory to Your might, O merciful Christ!*

### ***Synaxarion of the Day & Feast***

On May 3, in the Holy Orthodox Church, we commemorate the Martyrs Timothy the reader and his wife Maura of Egypt; Peter, archbishop of Argolis; Ekumenios, bishop of Trikala; Venerable Luke of Mt. Stirion; and Venerable Theodosios of the Kiev Caves, founder of Russian monasticism.

On this, the third Sunday after Pascha, we make commemoration of the Paralytic and we rightly celebrate the miracle bestowed on him.

### ***Verses***

*The Word of Christ was strength for the paralytic;*

*And this Word alone was his healing.*

Jesus healed the Paralytic at the Sheep Pool, located near the Sheep's Gate of Jerusalem, where people sacrificed their beasts and washed their insides. The pool had five sides, with a porch and arch on each. A number of people, afflicted with various diseases, passed through them, waiting at the water for an angel to come down and stir it. Once it moved, whoever stepped into the water first was instantly healed. One poor man, whose story is recounted in today's Gospel in the Divine Liturgy, waited 38 years for someone to lower him into the water, because he was unable to move into the water himself. However, the Savior merely commanded the man to get up and walk, and he was healed.

By Your boundless mercy, O Christ our God, have mercy on us. Amen.

### ***Paschal Matins Canon: Tone 1***

#### ***Katavasia Odes 1-8***

**Ode 1:** This is the day of Resurrection; let us be radiant, O people: Pascha, the Lord's Pascha, for from death to life, and from earth to heaven has Christ our God led us, as we sing the song of victory.

**Ode 3:** Come, let us drink a new drink, not miraculously brought forth from a barren rock, but the fount of incorruption gushing forth from the tomb of Christ, in Whom we are established.

**Ode 4:** O inspired Habakkuk, stand with us on this holy watchtower and show us the radiant angel with piercing voice proclaiming: Today brings salvation to the world, for Christ is risen as all powerful.

**Ode 5:** Let us arise at early dawn, and instead of myrrh, offer song to the Master, and we shall see Christ, the Sun of Righteousness, Who causes life to dawn for all.

**Ode 6:** You descended, O Christ, to the depths of the earth; You smashed the everlasting bars holding fast those fettered, and like Jonah from the whale, on the third day, You arose from the grave.

**Ode 7:** He Who saved the young men in the furnace, became a man, and suffered as a mortal. Through His sufferings He clothed what is mortal in immortal majesty. He alone is blessed and most glorious, the God of our fathers.

*We praise, bless and worship the Lord, singing and exalting Him above all forever.*

**Ode 8:** This is the Chosen and Holy Day, First of the week, Queen and Lady of days, the Feast of Feasts, Festival of Festivals. On this day we bless Christ unto all ages.

***Matins Canon – 9<sup>th</sup> Ode:***

DEACON: *The Theotokos and Mother of the Light, let us honor and magnify in song.*

***Magnification 1:*** *O my soul, magnify Him Who died of His own free will, and was buried in a grave and rose from the tomb on the third day.*

*O shine, shine... (omitted)*

***Magnification 2:*** *O my soul, magnify Christ the Giver of life, Who rose from the tomb on the third day.*

*O shine, shine, O new Jerusalem, for the glory of the Lord is risen upon you. Dance now and be glad, O Zion, and exult, O pure Theotokos, in the Resurrection of your Son.*

***Magnification 3:*** *Christ, the new Pascha, the Living Sacrifice, the Lamb of God Who takes away the sin of the world.*

*O Your divine... (may be omitted)*

***Magnification 4:*** *Today all creation rejoices and is made glad; for Christ is risen, and has overthrown Hades.*

*O Your divine and beloved and most sweet voice! You have truly promised that You would be with us until the end of the world, O Christ, and we the faithful rejoice, having this as an anchor of hope.*

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

***Magnification 5:*** *O my soul, magnify the might... (may be omitted)*

*O Christ, Great and Holy Pascha... (may be omitted)*

***Magnification 6:*** *Rejoice, O Virgin rejoice; rejoice, O blessed one; rejoice, O glorified one; for your Son is risen from the tomb on the third day!*

*O Christ, Great and Holy Pascha, O Wisdom, Word and Power of God, grant that we may more perfectly partake of You in the day without evening of Your kingdom.*

*Now and ever and unto ages of ages. Amen.*

*Katavasia:* The angel cried to the Lady full of grace, rejoice, rejoice, O pure Virgin. Again I say, rejoice! Your Son is risen from His three days in the tomb! With Himself He has raised all the dead. Rejoice, rejoice, O ye people. Shine! Shine! Shine, O new Jerusalem. The glory of the Lord has shone on you. Exult now, exult and be glad, O Zion. Be radiant, O pure Theotokos, in the Resurrection, the Resurrection of your Son.

***The Little Litany***  
***“Holy is the Lord our God...” (3x)***

***Exapostilaria***

In the flesh You fell a - sleep as a mor - tal man, O  
 King and Lord. You rose on the third day,  
 rais - ing Ad - am from cor - rup - tion and de - stroy - ing death, O  
 Pas - cha of in - cor - rup - tion the Sal - va - tion of the world.

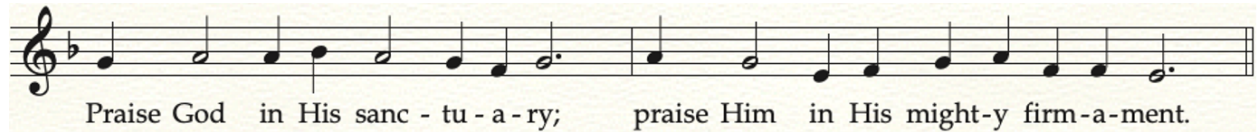
*The Lover of mankind and all-compassionate Lord came to the pool of Bethesda. There He found a man paralyzed from his youth. He healed his infirmity and said to him: Take up your mat and go your way. Walk in the path of righteousness.*

***The Praises: Tone 3 - Psalms 148, 150 (Kievan)***

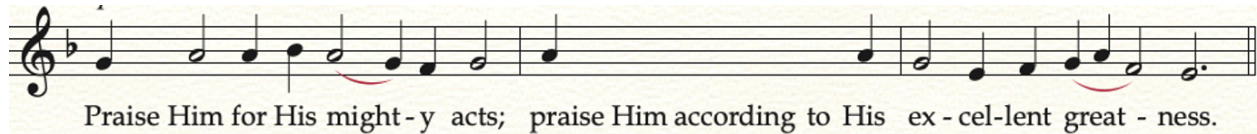
Let ev - 'ry breath praise the Lord! Praise the Lord from the heav - ens;  
 praise Him in the high - est. To You, O God, is due a song!  
 Praise Him, all His an - gels; praise Him, all His hosts.  
 To You, O God, is due a song!

*(Tone 3) – Resurrection*

*Come all you nations, know the power of the awesome mystery of the gospel. For Christ our Savior, the Word Who was in the beginning, was voluntarily crucified and buried for us, and rose from the dead to save the world. Let us worship Him as Lord.*



*The guards described all the wonders, O Lord, but the Sanhedrin filled their right hands with bribes. They were thinking to hide the Resurrection, which the world glorifies. O Lord, Who love mankind, have mercy on us.*



*In Your light we see light, O Lover of mankind. For You are risen from the dead, granting mankind salvation, that all creation may glorify You, the only sinless One.*



*The flashing angel sitting on the lifegiving tomb was saying to the frightened myrrhbearers: The Redeemer has emptied the graves, He has demolished hell and has risen on the third day, for He alone is God and all-powerful.*

***Paschal Verses***

Let God arise, let His enemies be scattered; Let those who hate Him flee from before His face.

*Today the sacred Pascha is revealed to us,  
The new and holy Pascha,  
The Pascha worthy of veneration,  
The Pascha which is Christ the Redeemer,  
The blameless Pascha,  
The great Pascha,  
The Pascha of the faithful,  
The Pascha which has opened for us the gates of Paradise,  
The Pascha which sanctifies all the faithful.*

As smoke vanishes, so let them vanish; as wax melts before the fire.

*Come from that scene, O women, bearers of glad tidings,  
And say to Zion:  
Receive from us the glad tidings of joy, of Christ's Resurrection.  
Exult and be glad,  
And rejoice, O Jerusalem,  
Seeing Christ the King,*

*Who comes forth from the tomb  
Like a bridegroom in procession.*

So the sinners will perish before the face of God, but let the righteous be glad.

*The myrrh-bearing women,  
At the break of dawn,  
Drew near to the tomb of the Giver of life.  
There they found an angel sitting upon the stone.  
He greeted them with these words:  
Why do you seek the living among the dead?  
Why do you mourn the incorrupt amid corruption?  
Go, proclaim the glad tidings to His disciples.*

This is the day which the Lord has made, let us rejoice and be glad in it.

*The Pascha of beauty,  
The Pascha of the Lord,  
The Pascha worthy of all honor has dawned upon us.  
It is the Pascha!  
Let us embrace each other joyously.  
O Pascha, ransom from affliction!  
For today as from a bridal chamber  
Christ has shown forth from the tomb  
And filled the women with joy, saying:  
Proclaim the glad tidings to the apostles.*

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

*O Lord, the pool did not heal the Paralytic, but Your word renewed him. His many years of sickness could not hinder Your power. Your voice held more authority over him than his infirmity. He threw away the burden of his sickness and carried the weight of his bed, testimony to Your abundant compassion. Glory to You, O Lord!*

Now and ever and unto ages of ages. Amen.

***Doxastikon, Tone 5 - "This is the Day of Resurrection..."***

This is the day of Resurrection, let us be illumined by the Feast. Let us embrace each other. Let us call brothers even those who hate us, and forgive all by the Resurrection, and so let cry:

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

***Great Doxology***

Glory to You, Who have shown us the light. Glory to God in the highest, and on earth peace, good will among men.

**We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory.**

O Lord King, heavenly God, Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit.

**O Lord God, Lamb of God, Son of the Father, Who take away the sin of the world, have mercy on us, You Who take away the sins of the world**

Receive our prayer, You Who sit at the right hand of the Father, and have mercy on us.

**For You only are holy, You only are the Lord, O Jesus Christ, to the glory of God the Father. Amen.**

Every day I will bless You, and I will praise Your name forever; yes, forever and ever.

**Grant, O Lord, to keep us this day without sin.**

Blessed are You, O Lord the God of our fathers, and praised and glorified is Your name forever. Amen.

**Let Your mercy, O Lord, be upon us, as we have set our hope on You.**

Blessed are You, O Lord; teach me Your statutes.

**Blessed are You, O Lord; teach me Your statutes.**

Blessed are You, O Lord; teach me Your statutes.

**Lord, You have been our refuge from generation to generation. I said: "Be merciful unto me; heal my soul, for I have sinned against You."**

Lord, I have fled to You; teach me to do Your will, for You are my God.

**For with You is the fountain of life; in Your light we shall see light.**

Continue Your mercy to those who know You.

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

**Holy God, Holy Mighty, Holy Immortal: have mercy on us.**

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

**Glory to the Father and to the Son and to the Holy Spirit;**

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

**Holy Immortal: have mercy on us.**

Holy God, **Holy Mighty, Holy Immortal: have mercy on us.**

***Troparion: Tone 4***

Today is salvation come unto the world. Let us sing praises to Him Who rose from the grave, the Author of our life; for having by death destroyed death, He has given us victory and great mercy.

**DIVINE LITURGY OF ST. JOHN CHYRSOSTOM**

***Paschal Troparion***

PRIEST *1x*, PEOPLE *2x*: Christ is risen from the dead, trampling down death by death and upon those in the tombs bestowing life.

***Third Antiphon***

*For the Third Antiphon...* we sing the Paschal Troparion as the refrain.

***Entrance Hymn***

*Verse: Bless God the Lord in His Church from the springs of Israel.*

O Son of God, Who rose...

***Resurrection Troparion: Tone 3 (Obikhod)***

Let the heav-ens re-joice! Let the earth be glad! For the  
Lord has shown strength with His arm! He has tram-pled down death by death!  
He has be-come the first-born of the dead! He has de-liv-ered us from the  
depths of hell and has grant-ed the world great mer - - - cy.

***Hymn to St. John***

O Apostle John, speaker of Deity, the beloved of Christ our God, hasten to deliver your people, powerless in speech, for He on Whose bosom you lean accepts you as an intercessor. Beseech Him therefore, to disperse the darkness of ignorance and pray for peace and great mercies to be shown upon us.

*Paschal Kontakion: Tone 8 (Greek Chant)*

6 You did de - scend in - to the tomb, Im - mor - tal One. You did de -  
11 stroy the pow'r of death. In vic-t'ry You a - rose, O Christ our God,  
15 pro-claim-ing to the wom - en bear - ing myrrh, Re - joice, grant-ing  
19 peace to Your a - pos - tles, and be - stow - ing res - ur - rec - tion  
on the fal - len.

*Prokeimenon: Tone 3 - Psalm 47 (LXX 46)*

Sing praises to our God, sing praises; sing praises to our King, sing praises.

*Verse: O, clap your hands, all you peoples! Shout to God with the voice of triumph!*

*The Epistle Reading - Acts 9:32-42*

Now it came to pass, as Peter went through all parts of the country, that he also came down to the saints who dwelt in Lydda. There he found a certain man named Aeneas, who had been bedridden eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus the Christ heals you. Arise and make your bed." Then he arose immediately. So all who dwelt at Lydda and Sharon saw him and turned to the Lord. At Joppa there was a certain disciple named Tabitha, which is translated Dorcas. This woman was full of good works and charitable deeds which she did. But it happened in those days that she became sick and died. When they had washed her, they laid her in an upper room. And since Lydda was near Joppa, and the disciples had heard that Peter was there, they sent two men to him, imploring him not to delay in coming to them. Then Peter arose and went with them. When he had come, they brought him to the upper room. And all the widows stood by him weeping, showing the tunics and garments which Dorcas had made while she was with them. But Peter put them all out, and knelt down and prayed. And turning to the body he said, "Tabitha, arise." And she opened her eyes, and when she saw Peter she sat up. Then he gave her his hand and lifted her up; and when he had called the saints and widows, he presented her alive. And it became known throughout all Joppa, and many believed on the Lord.

***The Alleluia before the Gospel: Tone 3 - Psalm 31 (LXX 30)***

*Verse: I put my trust in You, O Lord; Let me never be ashamed; deliver me in Your righteousness.*

*Verse: Bow down Your ear to me, deliver me speedily, be my rock of refuge, a fortress of defense to save me.*

***The Gospel Reading - John 5:1-15***

After this there was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five porches. In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water. For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had. Now a certain man was there who had an infirmity thirty-eight years. When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me." Jesus said to him, "Rise, take up your bed and walk." And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath. The Jews therefore said to him who was cured, "It is the Sabbath; it is not lawful for you to carry your bed." He answered them, "He who made me well said to me, 'Take up your bed and walk.' " Then they asked him, "Who is the Man who said to you, 'Take up your bed and walk'?" But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in that place. Afterward Jesus found him in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you." The man departed and told the Jews that it was Jesus who had made him well.

### *The Magnification Hymn*



The an - gel cried to the la - dy full of grace: Re-  
4  
joice, Re-joyce, O Pure Vir - gin! A-gain I say re - joyce! Your  
8  
Son is ris - en from His three days in the tomb! With Him-  
11  
self He has raised all the dead. Re-joyce, Re-joyce, O ye  
14  
peo - ple. Shine! Shine! Shine! O  
18  
new Je - ru - sa - lem. The glo - ry of the Lord has  
21  
shone on you. Ex - ult now, ex - ult  
24  
and be glad, O Zi - on. Be ra - di - ant,  
27  
O pure The - o - to - kos, in the Res - ur -  
30  
rec - - tion, the Res - ur - rec - tion of your Son.

### *The Communion Hymn*

Receive the Body of Christ. Taste the fountain of immortality. Alleluia.

### *The Post-Communion Hymn*

*Instead of "We have seen the true Light..." we sing the Paschal Troparion.*

Christ is risen from the dead, by death He trampled death and on those in the tombs He granted life. (*Carpathian*)

## *The Paschal Dismissal*

*In place of "Through the prayers of our holy fathers..." the priest and people exchange the paschal greeting below:*

PRIEST: Christ is risen. (3x)

PEOPLE: Indeed, He is risen. (3x)

PRIEST: Glory to His holy third-day Resurrection.

PEOPLE: We adore His third-day Resurrection.

PRIEST: Christ is risen from the dead, trampling down death by death:

PEOPLE: And upon those in the tombs bestowing life.

### *"Christ is risen" in Other Languages*

#### *(Greek)*

Christos anesti!  
Chree-STOS ah-NEST-ee

Alethos anesti!  
(Ah-lee-THOS ah-NEST-ee)

#### *(Russian)*

Christos voskrese!  
(Chree-STOS vos-KRE-syeh

Voistinu voskrese!  
(Vah-EES-tyee-noo vos-KRE-syeh)

#### *(Arabic)*

Al masseah qam!  
(el mass-EE-ah KHAM)

Haqan qam!  
(HAK-am KAHM)

#### *(Yupik)*

Chrestoósak ungoíkhtuk!

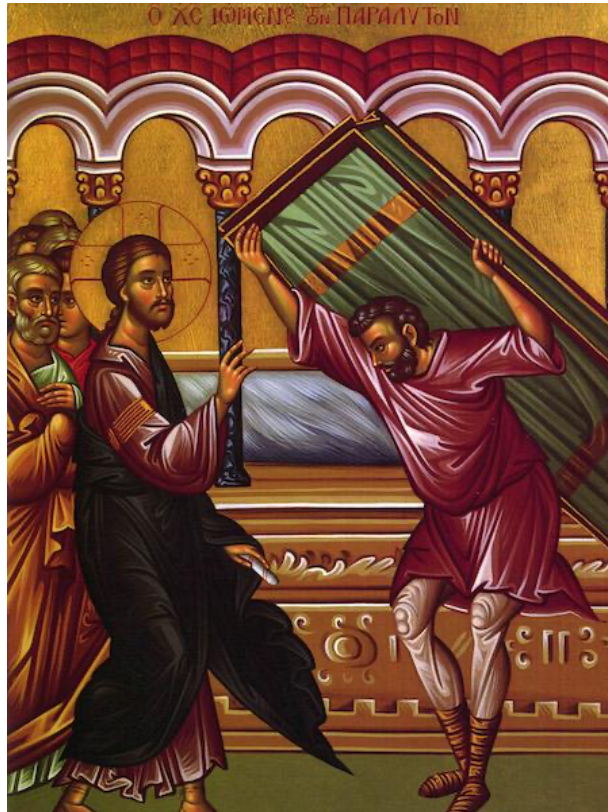
Eeloómun ungoíkhtuk!

### *Kontakion of the Paralytic: Tone 3 (Obikhod)*

With Your di-vine pro-tec - tion, O Lord, as You once raised the Paralytic,  
now lift up my soul par-a-lyzed with all kinds of e-vil deeds of wick-ed-ness,  
so that, as saved I may cry out to You:  
Glo - ry to Your might, O mer - ci - ful Christ!

### *Ikos*

*O Lord Jesus Christ, eternal with Your divine Father, You hold the whole world in Your hands and share sovereign power with the Spirit. You appeared in the flesh curing illness and driving out passions. You gave sight to the blind; You raised the Paralytic by Your divine word and commanded him to walk and to take his pallet on his shoulders. With him we celebrate and sing to You: Glory to Your might, O merciful Christ!*



*The Paralytic*

*Paschal Exapostilarion / Hymn of Light*

*In the flesh You fell asleep  
as a mortal man, O King and Lord!  
You rose on the third day,  
raising Adam from corruption and destroying death.  
O Pascha of incorruption,  
the Salvation of the world.*



## *The Resurrection*

*Christ is Risen – in Various Languages*

*(Arabic)*

Al-Mas-ee-hoo qam-a min bai-n'il-am-wat, wa wa-ti al mao-ta  
bil maot, wa wa-ha-bal ha-yat lil la-dhi-na fi'l qu-bur!

*(Carpathian)*

Christ is risen from the dead, by death He trampled death and on those  
in the tombs He granted life!

Chri-stos vos-kre-se, Chri-stos vos-kre-se, vos-kre-se, vos-kre-se,  
iz meht-vekh, smert e yu smert po praf, smert e yu  
smert po praf, ee soo-scheem vo-gra-bekh, ee soo-scheem vo-  
gra-bekh, zhee-vot, zhee-vot zhee-vot da-ra-vaf!

Trampling down death by death, trampling down death by death, and  
on those in the tombs, and on those in the tombs, bestowing, bestowing,  
bestowing life!

*(Greek)*

Chri-stos a-nes-ti ek ne-kron, tha-na-to tha-na-ton pa-ti sas ke  
tis en tis mni-ma-si zo-in cha-ri-sa-me-nos!

*(Romanian)*

Hri-stos a un-vi-at dhin mortz cu moar-tea-pre moar-te cal  
cund, shi che-lor dhin mor-mihn te vi-a zta da-ru-in-du-le.

*(Slavonic)*

Chri-stos vos-kre-se iz meht-vekh, smert e yu smert po praf,  
ee soo-scheem vo-gra-bekh zhee-vot da-ra-vaf!

*(Spanish)*

Chri-sto ha re-su-ci-ta-do de los muer-tos, por la muer-te, la  
muer-te ho-llan-do, y a los que es-tan en las tum-bas la vi-da  
dan-do!

*(Yupik)*

Kris-tuu-saq Ung-uir-tuq Tu-quu-mal-ria-nek Tu quu-mi-nek Tu-  
qu Tu-llu-ku, Tu quu-mi-nek Tu-qu Tu-llu-ku, Im-ku-nun  
Qung-uu mel ngru'nen Ung-uu-va Tai-llu ku.