

St. John of the Ladder

Fourth Sunday in Lent



Troparion of the Resurrection (Tone of Week)

Troparion of St. John of the Ladder: Tone 8 (Byzantine)

Your a - bun - dant tears made the wil - der - ness sprout and bloom, and your
 6 deep sigh - ings made your la - bor bear fruit a hun - dred - fold.
 11 You be - came a star shin - ing o - ver the world with mir - a - cles, O
 17 John of the Lad - der pray to Christ our God that He may save our souls.

Resurrection Theotokion: Tone 8

For our sake You were born of the Virgin, / and endured crucifixion,
 O Good One, / destroying death by death. Revealing the resurrection
 as God, / do not despise the work of Your hand. / Reveal Your love for
 man, O Merciful One, / and accept the Theotokos praying for us / and
 save Your despairing people, / O our Savior.

Hymn to St. John

Kontakion of the Annunciation: Tone 8 (Byzantine)

7 To you, the Cham-pion Lead - er, do I of - fer thanks of
 12 vic - to - ry, O The - o - to - kos, you who
 17 have de - liv - ered me from ter - ror; but since you have that
 21 pow - er in - vin - ci - ble, O The - o - to - kos,
 29 you a - lone can set me free from all forms of dan - ger
 38 free me and de - liv - er me, that I may cry un - to you:
 Hail, O Bride with - out Bride - - - groom.

The Prokeimenon: Tone 7 (Psalm 29)

The Lord shall give strength to His people; the Lord shall bless His people with peace.

Magnification Hymn

All of creation rejoices in you, O full of grace,
 The angelic hosts and the race of men.
 O sanctified temple and spiritual paradise, glory of virgins,
 Of whom God was incarnate and became a little child,
 Even our God Who is before all the ages,
 For He made your womb a throne
 And your body He made more spacious than the heavens.
 All of creation rejoices in you, O full of grace! Glory to you!

Communion Hymn (Psalm 112)

The righteous shall be in everlasting remembrance, everlasting, everlasting remembrance. Alleluia, Alleluia, Alleluia.

Kontakion of St. John of the Ladder: Tone 4 (Carpatho-Russian)

Tru-ly the Lord has set you as a fixed star in the firm-a-ment of
 ab - sti-nence, giv - ing light to the ends of the earth, O
 Fa-ther John, our teach - - - er.

A PRAYER BEFORE HOLY COMMUNION

4. Another Prayer of Saint John Chrysostom

O Lord and Master, I am not worthy that You should come under the roof of my soul; but since You, O Lover of mankind, desire to dwell in me, I boldly draw near. You bid me to open the doors which You alone have made, and You enter with Your love for man. You enter and enlighten my darkened reasoning. I believe that You will so do. For You did not turn from the harlot when she came to You with tears. Neither did You reject the publican who repented, nor the thief when he acknowledged Your kingdom. Nor did You despise the persecutor when he was converted. But all who came to You in repentance You considered among Your friends, O You Who alone are blessed always, now and ever, and unto ages of ages. Amen.

A PRAYER OF THANKSGIVING AFTER HOLY COMMUNION

3. A Prayer of Saint Simeon the Translator

O You Who willingly give Your flesh to me as food, Who are a Fire, consuming the unworthy, consume me not, O my Creator; but rather pass through all my members, into all my joints, my inward parts, my heart. Burn the thorns of all my transgressions, cleanse my soul, and sanctify my thoughts. Make

firm my knees, and my bones likewise; enlighten as one my five senses, establish me completely in Your fear; ever shelter me, and guard and keep me from every soul-corrupting deed and word. Cleanse me, purify and control me; adorn me, teach me, enlighten me. Show me to be a dwelling-place of Your Spirit, and in no way the dwelling-place of sin, that from me, Your habitation, through the entrance of Your communion, every evil deed and every passion may flee as from fire. As intercessors I bring to You all the saints, both the leaders of the bodiless powers, Your forerunner, and Your wise apostles; and besides these, Your most-pure and chaste Mother; receive their prayers, O my Christ, Who are compassionate, and make Your servant to be a child of the light. For You alone, O good One, are the sanctification and splendor of our souls, and to You as God and Master, day by day, we all ascribe glory.