

Presanctified Liturgy

(Abbreviated)

Wednesday - Week 4

March 18, 2026

Chrysanthos & Daria - 19th

DEACON: Bless, Father.

PRIEST: Blessed is the kingdom of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages.

PEOPLE: Amen.

“Come Let Us Worship...”

Psalm 104

READER: Bless the Lord, O my soul! O Lord You are very great: You are clothed with honor and majesty, Who cover Yourself with light as with a garment, Who stretch out the heavens like a curtain. He lays the beams of His upper chambers in the waters, Who makes the clouds His chariot, Who walks on the wings of the wind, Who makes His angels spirits, His ministers a flame of fire. You Who laid the foundations of the earth, so that it should not be moved forever, You covered it with the deep as with a garment; the waters stood above the mountains. At Your rebuke they fled; at the voice of Your thunder they hastened away. They went up over the mountains; they went down into the valleys, to the place which You founded for them. You have set a boundary that they may not pass over, that they may not return to cover the earth. He sends the springs into the valleys, which flow among the hills. They give drink to every beast of the field; the wild donkeys quench their thirst. By them the birds of the heavens have their habitation; they sing among the branches. He waters the hills from His upper chambers; the earth is satisfied with the fruit of Your works. He causes the grass to grow for the cattle, and vegetation for the service of man, that he may bring forth food from the earth, and wine that makes glad the heart of man, oil to make his face shine, and bread which strengthens man's heart. The trees of the Lord are full of sap, the cedars of Lebanon which He planted, where the birds make their nests; the stork has her home in the fir trees. The high hills are for the wild goats; the cliffs are a refuge for the rock badgers. He appointed the moon for the seasons; the sun know its going down. You made darkness, and it is night, in which all the beasts of the forest creep about. The young lions roar after their prey, and seek their food from God. When the sun arises, they gather together and lie down in their dens. Man goes out to his work and to his labor until the evening. O Lord, how manifold are Your works! In wisdom You have made them

all. The earth is full of Your possessions – this great and wide sea, in which are innumerable teeming things, living things both small and great. There the ships sail about and there is that Leviathan which You have made to play there. These all wait for You, that You may give them their food in due season. What You give them they gather in; You open Your hand, they are filled with good. You hide Your face, they are troubled; You take away their breath, they die and return to their dust. You send forth Your Spirit, they are created; and You renew the face of the earth. May the glory of the Lord endure forever; may the Lord rejoice in His works. He looks on the earth, and it trembles; He touches the hills, and they smoke. I will sing to the Lord as long as I live; I will sing praise to my God while I have my being. May my meditation be sweet to Him; will be glad in the Lord. May sinners be consumed from the earth, and the wicked be no more. Bless the Lord, O my soul! Praise the Lord! The sun knows its going down. You make darkness and it is night. O Lord, how manifold are Your works! In wisdom You have made them all.

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

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

O our God and our hope, glory to You!

The Great Litany

18th Kathisma Psalms - The Psalms of Ascent

* * *First Stasis* * *

Psalm 120 (LXX 119)

In my distress I cried to the Lord,
and He heard me.

Deliver my soul, O Lord, from lying lips
and from a deceitful tongue.

What shall be given to you,
or what shall be done to you, O false tongue?

Sharp arrows of the warrior,
with coals of the broom tree!

Woe is me, that I dwell in Meshech,
that I dwell among the tents of Kedar!

My soul has dwelt too long with one who hates peace.
I am for peace; but when I speak, they are for war.

Psalm 121 (LXX 120)

I will lift up my eyes to the hills—
from whence comes my help?

My help comes from the Lord,
Who made heaven and earth.
He will not allow your foot to be moved;
He Who keeps you will not slumber.
Behold, He Who keeps Israel
shall neither slumber nor sleep.
The Lord is your keeper;
the Lord is your shade at your right hand.
The sun shall not strike you by day,
nor the moon by night.
The Lord shall preserve you from all evil;
the Lord shall preserve your soul.
The Lord shall preserve your going out and your coming in
from this time forth, and even forevermore.

Psalm 122 (LXX 121)

I was glad when they said to me,
“Let us go into the house of the Lord.”
Our feet have been standing
within your gates, O Jerusalem!
Jerusalem is built
as a city that is compact together,
Where the tribes go up, the tribes of the Lord,
to the Testimony of Israel, to give thanks to the name of the Lord.
For thrones are set there for judgment,
the thrones of the house of David.
Pray for the peace of Jerusalem:
“May they prosper who love you.
Peace be within your walls,
prosperity within your palaces.”
For the sake of my brethren and companions,
I will now say, “Peace be within you.”
Because of the house of the Lord our God
I will seek your good.

Psalm 123 (LXX 122)

Unto You I lift up my eyes,
O You who dwell in the heavens.
Behold, as the eyes of servants look to the hand of their masters,
as the eyes of the maid to the hand of her mistress,
So our eyes look to the Lord our God,
until He has mercy on us.
Have mercy on us, O Lord, have mercy on us!
For we are exceedingly filled with contempt.

Our soul is exceedingly filled with the scorn of those who are at ease,
with the contempt of the proud.

Psalm 124 (LXX 123)

“If it had not been the Lord Who was on our side,”
let Israel now say—

“If it had not been the Lord Who was on our side,
when men rose up against us, then they would have swallowed us alive,
When their wrath was kindled against us;
then the waters would have overwhelmed us,
The stream would have gone over our soul;
then the swollen waters would have gone over our soul.”

Blessed be the Lord,

Who has not given us as prey to their teeth.

Our soul has escaped as a bird from the snare of the fowlers;
the snare is broken, and we have escaped.

Our help is in the name of the Lord,

Who made heaven and earth.

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)

The Little Litany

The Second Stasis - omitted

* * *Third Stasis* * *

Psalm 130 (LXX 129)

Out of the depths I have cried to You, O Lord;
Lord, hear my voice!

Let Your ears be attentive
to the voice of my supplications.

If you, Lord, should mark iniquities, O Lord, who could stand?
But there is forgiveness with You, that You may be feared.

I wait for the Lord, my soul waits, and in His word I do hope.
My soul waits for the Lord.

More than those who watch for the morning—
Yes, more than those who watch for the morning.

O Israel, hope in the Lord;
for with the Lord there is mercy,

And with Him is abundant redemption.

And He shall redeem Israel from all his iniquities.

Psalm 131 (LXX 130)

Lord, my heart is not haughty,
nor my eyes lofty.

Neither do I concern myself with great matters,
nor with things too profound for me.

Surely I have calmed and quieted my soul,
like a weaned child with his mother;

Like a weaned child is my soul within me.

O Israel, hope in the Lord from this time forth and forever.

Psalm 132 (LXX 131)

Lord, remember David and all his afflictions;

How he swore to the Lord, and vowed to the Mighty One of Jacob:

“Surely I will not go into the chamber of my house,
Or go up to the comfort of my bed;

I will not give sleep to my eyes
or slumber to my eyelids,

Until I find a place for the Lord,
a dwelling place for the Mighty One of Jacob.”

Behold, we heard of it in Ephrathah;
we found it in the fields of the woods.

Let us go into His tabernacle;
let us worship at His footstool.

Arise, O Lord, to Your resting place,
You and the ark of Your strength.

PAUSE and KNEEL.

Let Your priests be clothed with righteousness,
and let Your saints shout for joy.

For Your servant David’s sake,
do not turn away the face of Your Anointed.

The Lord has sworn in truth to David; He will not turn from it:
“I will set upon your throne the fruit of your body.

If your sons will keep My covenant and My testimony which I
shall teach them,
their sons also shall sit upon your throne forevermore.”

For the Lord has chosen Zion;
He has desired it for His dwelling place:

“This is My resting place forever;
here I will dwell, for I have desired it.

I will abundantly bless her provision;
I will satisfy her poor with bread.

I will also clothe her priests with salvation,
and her saints shall shout aloud for joy.

There I will make the horn of David grow;
I will prepare a lamp for My Anointed.
His enemies I will clothe with shame,
but upon Himself His crown shall flourish.”

Psalm 133 (LXX 132)

Behold, how good and how pleasant it is
for brethren to dwell together in unity!
It is like the precious oil upon the head, running down on the beard,
the beard of Aaron, running down on the edge of his garments.
It is like the dew of Hermon,
descending upon the mountains of Zion;
For there the Lord commanded the blessing—
life forevermore.

Psalm 134 (LXX 133)

Behold, bless the Lord,
all you servants of the Lord,
Who by night stand in the house of the Lord!
Lift up your hands in the sanctuary, and bless the Lord.
The Lord Who made heaven and earth
bless you from Zion!
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.

O Lord, I Cry...” – Tone 8 (abbreviated)

Opening Psalm Verses - Psalm 141:1, 2 (LXX 140)

O Lord, I cry out to You, hear me! Hear me, O Lord. O Lord, I cry out to You, hear me. Give ear to my voice when I cry out unto You. Hear me, O Lord.

Let my prayer be set before You as incense, and the lifting up of my hands as the evening sacrifice. Hear me, O Lord.

We skip to this verse & Cantor sings:

The righteous shall surround me, for You shall deal bountifully with me.

Psalm 130 (LXX 129)

Out of the depths I have cried to You, O Lord; Lord, hear my voice!

Let Your ears be attentive to the voice of my supplications.

If You, Lord, should mark iniquities, O Lord, who could stand? But there is forgiveness with You, that You may be feared.

(Tone 4) – Triodion

The fast that brings us blessing has now reached its midmost point: it has helped

us to receive God's grace in the days that are past, and it will bring us further benefit in the days still to come. For by continuing in what is right we attain yet greater gifts. We therefore cry to Christ, the Giver of all good: O You, Who for our sakes have fasted and endured the Cross, make us worthy to share uncondemned in Your divine Passover. May we spend our lives in peace and rightly glorify You with the Father and the Spirit.

I wait for the Lord, my soul waits, and in His word I do hope.

(Tone 5)

If we look for a spiritual recompense, let us perform our good deeds in secret; let us not proclaim them in the streets but keep them hidden in our hearts. Then He Who sees the secrets of all men will reward us for our abstinence. Let us complete the fast, not with a sad countenance, but praying in the inner chamber of our souls; and without ceasing let us cry: Our Father Who art in heaven, lead us not into temptation, we pray, but deliver us from the evil one.

My soul waits for the Lord more than those who watch for the morning, I say more than those who watch for the morning. O Israel, hope in the Lord;

(Tone 3) – Martyrs

Your souls, O holy martyrs, were filled with an insatiable love; not denying Christ you endured great sufferings and torments, and you cast down the tyrants' pride. You kept the faith unaltered and unharmed, and now have gone to dwell in heaven. Since you have boldness before Christ, pray that peace be given to the world, and to our souls great mercy.

For with the Lord there is mercy, and with Him is abundant redemption. And He shall redeem Israel from all his iniquities.

(Tone 1) – Cross

O Cross, glory of the apostles, attended by principalities, powers and archangels keep those who venerate you safe from all harm grant us to follow rightly to the end the divine path of abstinence, and to reach the day of salvation when we too shall be saved.

Psalm 117 (LXX 116)

O, praise the Lord, all you Gentiles! Laud Him, all you peoples!

(Tone 7) – Cross

As we venerate today the Cross of the Lord, let us cry 'Rejoice' to the Tree of Life: the victor over hell, the joy of the world and the slayer of corruption. Rejoice, for by your power you scatter the demons! Strong support of the faithful, the weapon that cannot be broken, we pray to you, guard and sanctify those who honor you.

For His merciful kindness is great toward us, and the truth of the Lord endures forever.

(Tone 4) – Chrysanthos & Daria

O truly wise and all-laudable Chrysanthos, the seductions of the enemy and the attractions of pleasure were as weak as mere cobwebs to you. In the midst of filth,

you were filled with a sweet spiritual fragrance. When the woman, Daria, tried to corrupt you, you led her to Christ as a spotless bride.

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

(Tone 8) – Triodion

Today He Who is in essence unapproachable, becomes approachable for me and suffers His passion, delivering me from passions. He Who grants light to the blind is spat upon by the mouths of the transgressors, and He gives his back to scourging for the sake of those who are held captive. When the pure Virgin, His mother, saw Him on the Cross, she cried aloud in pain: Woe is me, my Child! What is this that You have done? You Who in beauty were fairer than all mortal men, now appear without life and form, having neither shape nor comeliness. Woe is me, my Light! I cannot bear to look upon You sleeping, and I am wounded inside, a harsh sword has pierced my heart. I sing the praises of Your passion, I venerate Your merciful kindness. O longsuffering Lord, glory to You!

The Prayer before the Entrance

“O Joyful Light”

PEOPLE: O joyful Light of the holy glory of the immortal, heavenly, holy, blessed Father: O Jesus Christ. Now that we have come to the setting of the sun and behold the light of evening, we praise God: the Father, Son, and Holy Spirit. For it is right at all times to worship You with voices of praise, O Son of God and Giver of life. Therefore all the world glorifies You.

The First Evening Prokeimenon: Tone 4

Psalm 72:18 (LXX 71)

Blessed is the Lord God of Israel, Who alone does wonders.

Verse: O God, give the king Your judgment, and Your justice to the king’s Son.

The First Old Testament Reading

Genesis 9:18 – 10:1

Now the sons of Noah who went out of the ark were Shem, Ham, and Japheth. And Ham was the father of Canaan. These three were the sons of Noah, and from these the whole earth was populated. And Noah began to be a farmer, and he planted a vineyard. Then he drank of the wine and was drunk, and became uncovered in his tent. And Ham, the father of Canaan, saw the nakedness of his father, and told his two brothers outside. But Shem and Japheth took a garment, laid it on both their shoulders, and went backward and covered the nakedness of their father. Their faces were turned away, and they did not see their father’s nakedness. So Noah awoke from his wine, and knew what his younger son had done to him. Then he said: “Cursed be Canaan; a servant of servants he shall be to his brethren.” And he said: “Blessed be the LORD, the God of Shem, and may Canaan be his servant. May God enlarge Japheth, and may he dwell in the tents of

Shem; and may Canaan be his servant.” And Noah lived after the flood three hundred and fifty years. So all the days of Noah were nine hundred and fifty years; and he died. Now this is the genealogy of the sons of Noah: Shem, Ham, and Japheth. And sons were born to them after the flood.

The Second Evening Prokeimenon: Tone 4

Psalm 73:28 (LXX 72)

But my happiness is to cling to God, to put my trust in the Lord.

Verse: How good God is to Israel, to those who are upright of heart.

DEACON: Command!

THE PEOPLE KNEEL.

PRIEST: Wisdom. Let us attend. The light of Christ: Illumines all.

THE PEOPLE STAND.

The Second Old Testament Reading

NKJV Proverbs 12:23 – 13:9 or OSB (LXX) Proverbs 12:25 – 13:10

A man of understanding is a throne of perception, but the heart of the undiscerning will meet with curses. The hand of the chosen shall prevail easily, but the deceitful shall be for captivity. A fearful word troubles the heart of a righteous man, but a good message makes him glad. A righteous arbiter shall be his own friend, but the decisions of the ungodly are unreasonable. Evil things shall pursue sinners, and the way of the ungodly will lead them astray. A deceitful man will not gain his prey, but a pure man is a precious possession. In the ways of righteousness there is life, but the ways of remembering wrongs are unto death. An astute son is obedient to his father, but a disobedient son is for destruction. A good man eats from the fruits of righteousness, but the souls of the lawless will destroy themselves before their time. He who guards his mouth keeps his own soul, but he who is hasty with his lips will dismay himself. Every idle man has desire, but the hands of the courageous are diligent. A righteous man hates an unrighteous word, but an ungodly man is ashamed and will not have confidence. Righteousness guards the simple, but sin makes the ungodly worthless. There are those with nothing who make themselves rich, and there are those, though very rich, who humble themselves. The ransom of a man’s soul is his own wealth, but the poor man does not withstand a threat. Light is with the righteous continually, but the light of the ungodly is extinguished. Deceitful souls are led astray in sins, but the righteous have compassion and are merciful.

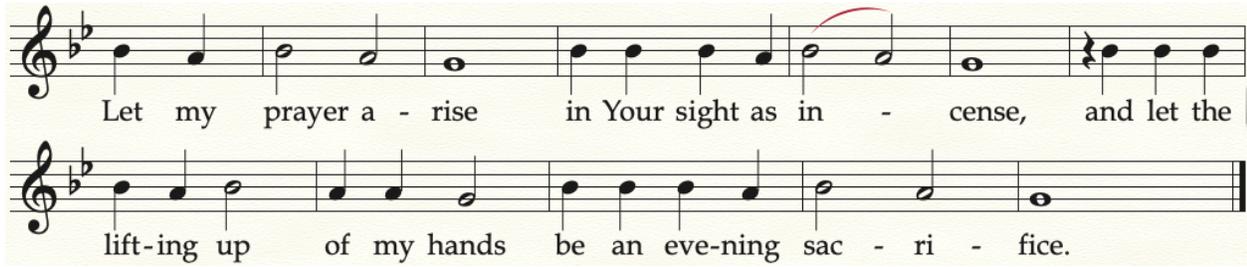
“Let My Prayer Arise...”

DEACON: Wisdom.

THE PEOPLE KNEEL.

Let my prayer arise in Your sight. Let my prayer arise in Your sight as incense; and let the lifting up, the lifting up of my hands be an evening sacrifice.

Refrain:



Lord, I have cried to You, hear me, hear the voice of my prayer, when I cry to You, hear me, when I cry to You, hear me, O Lord. (Refrain)

Set, a watch, O Lord, before my mouth, before my mouth, and keep the door, the door of my lips. Set, a watch, O Lord, before my mouth and keep the door, the door of my lips. (Refrain)

Incline not my heart to evil thing, nor to practice wicked deeds. Incline not my heart to evil thing, nor to practice wicked deeds. (Refrain)

*Let my prayer arise in Your sight. Let my prayer arise in Your sight as incense...
And let the lifting up, the lifting up of my hands be an evening sacrifice.*

THE PEOPLE STAND.

The Litany of Fervent Supplication / The Ektenia

The Prayer for the Catechumens

The Prayer for Those Preparing for Baptism (4th-6th Week only)

The First & Second Prayer of the Faithful (abbreviated)

“Now the Powers of Heaven...” and the Entrance

Now the pow - ers of heav - en do serve
in - vis - i - bly, in - vis - i - bly with us.
For be - hold the King of Glo - ry, the King
en - ters in, en - ters in, en - ters in.
For be - hold the mys - ti - cal sac - ri - fice
is lift - ed up, is lift - ed up ful - - - filled.

THE PEOPLE MAKE A PROSTRATION AS THE PRIEST MAKES A PROCESSION WITH THE HOLY GIFTS AND STAND WHEN RETURNS TO THE ALTAR.

Let us draw near in faith and be - come com - mu - ni - cants
of Life e - ter - nal, e - ter - nal, e - ter - nal Life.
Al - le - lu - - - ia. Al - le - lu - - - ia.

The Prayer of Saint Ephraim the Syrian

O Lord and Master of my life, take from me the spirit of sloth, faintheartedness, lust of power, and idle talk.

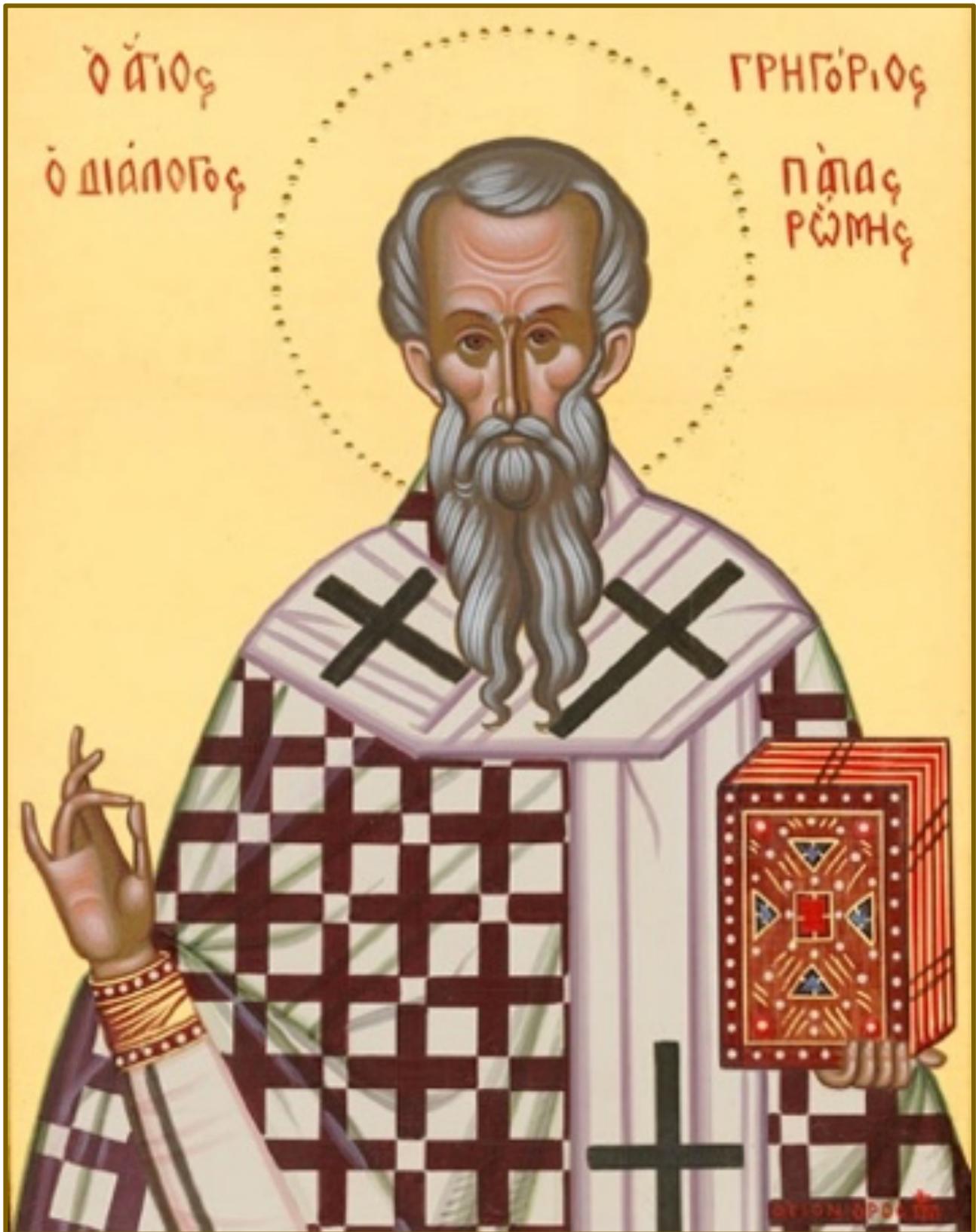
PROSTRATION

But give rather the spirit of chastity, humility, patience, and love to Your servant.

PROSTRATION

O Lord and King, grant me to see my own sins and not to judge my brother; for You are blessed unto ages of ages. Amen.

PROSTRATION



Gregory the Dialogist

Psalm 145 (LXX 144)

I will praise You my God, O King; / and I will bless Your name forever.
Ev'ry day I will bless You, / and I will praise Your name forever.

Great is the Lord and greatly to be praised; / and His greatness is unsearchable.
One generation shall praise Your works to another, / and shall declare Your mighty acts.

I will meditate on the glorious splendor of Your majesty, / and on Your wondrous works.
Men shall speak of the might of Your awesome acts, / and I will declare Your greatness.

They shall utter the mem'ry of Your great goodness, / and shall sing of Your righteousness.

The Lord is gracious and full of compassion, / slow to anger and great in mercy.

The Lord is good to all, / and His tender mercies are over all His works.
All Your works shall praise You, O Lord, / and Your saints shall bless You.

They shall speak of the glory of Your Kingdom, / and talk of Your mighty power,
to make known to the sons of men His mighty acts, / and the glorious majesty of His Kingdom.

Your Kingdom is an everlasting kingdom / and Your dominion endures throughout all generations.

The Lord upholds all those who fall, / and raises up all who are broken down.

The eyes of all look expectantly to You, / and You give them their food in due season.
You open Your hand / and satisfy the desire of ev'ry living thing.

The Lord is righteous in all His ways, / and gracious in all His works.

The Lord is near to all who call upon Him, / to all who call upon Him in truth.

He will fulfill the desire of those who fear Him; / He will also hear their cry and save them.

The Lord preserves all those who love Him, / but all the wicked He will destroy.

My mouth shall speak the praise of the Lord, / and all flesh will bless His holy name forever.

I will praise You, my God, O King; / and I will bless Your name forever and ever.