

**Vespers sung on Saturday 13<sup>th</sup> April 2024 for Sunday 14<sup>th</sup> April 2024**  
**Fourth Sunday of Great Lent**  
**Saint John of Sinai, author of *The Ladder***

**"LORD, I CALL ..."**

**Tone 4**

Lord, I call upon Thee, hear me!  
Hear me, O Lord!  
Lord, I call upon Thee, hear me!  
Receive the voice of my prayer,  
when I call upon Thee!//  
Hear me, O Lord

Let my prayer arise  
in Thy sight as incense,  
and let the lifting up of my hands  
be an evening sacrifice!//  
Hear me, O Lord!

*Bring my soul out of prison, that I may give thanks to Thy Name.*

**Tone 4 (For the Resurrection)**

We glorify Thy Resurrection on the third day, O Christ God,  
by always honouring Thy life-creating Cross;  
by it, Thou hast renewed the corrupted nature of man,  
O almighty One.  
By it, Thou hast renewed our entrance to heaven,//  
for Thou art good and the Lover of man.

*The righteous will surround me, for Thou wilt deal bountifully with me.*

Thou didst loose the Tree's verdict of disobedience, O Savior,  
by being voluntarily nailed to the tree of the Cross.  
By descending to hell, O almighty God,  
Thou didst break the bonds of death.  
Therefore, we adore Thy Resurrection from the dead, singing in joy://  
"Glory to Thee, O all-powerful Lord!"

*Out of the depths I cry to Thee, O Lord. Lord, hear my voice!*

Thou didst smash the gates of hell, O Lord,  
and by Thy death Thou didst demolish the kingdom of death.  
Thou didst deliver the race of men from corruption,//  
granting the world life, incorruption and great mercy.

*Let Thine ears be attentive to the voice of my supplications!*

Come, O people,  
let us sing of the Savior's Resurrection on the third day!  
By it, we have been freed from the unbreakable bonds of hell.  
By it, we have received life and incorruption.  
Save us by Thy Resurrection!//  
O Life-creating and almighty Savior, glory to Thee!

*If Thou, O Lord, shouldst mark iniquities, Lord, who could stand? But there is forgiveness with Thee.*

Angels and men sing of Thy Resurrection on the third day, O Savior.  
By it, the ends of the earth have been illumined.  
By it we have been delivered from bondage to the Enemy.  
Save us by Thy Resurrection!//  
O Life-creating and almighty Savior, glory to Thee!

*For Thy Name's sake I wait for Thee, O Lord. My soul has waited for Thy word; my soul has hoped on the Lord.*

Thou hast shattered the gates of brass  
and destroyed the chains of death, O Christ God.  
Thou hast raised the fallen human race.//  
O Lord, risen from the dead, glory to Thee!

*From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

O Lord, Thy begetting from the Father is timeless and everlasting.  
Thine incarnation from the Virgin is beyond words and understanding.  
Thy descent into hell is terrible for the devil and his angels.  
Thou hast trampled on death,  
rising on the third day,//  
and granting men incorruption and great mercy.

*For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

**Tone 8** *(For Saint John of the Ladder, from the Lenten Triodion)*

The Lord's praises were always on thy lips, O holy Father John.  
With deep wisdom thou didst search the Scriptures,  
which teach us to deny ourselves.  
Thou didst become rich in the blessings of grace,//  
overthrowing the craftiness of the devil.

*Praise the Lord, all nations! Praise Him, all peoples!*

Thou didst wash thy soul in a fountain of tears, O most glorious Father John,  
keeping vigil for God and gaining His mercy.  
Upborne on the wings of prayer, thou didst fly to divine love and beauty.  
Now, together with thy fellow soldiers, O holy one,//  
thou dwellest in His spiritual light and unending joy.

*For His mercy is confirmed on us, and the truth of the Lord endures forever.*

On the wings of faith thou didst raise thy mind to God, O holy Father John.  
Hating the world's confusion and vanity,  
thou didst take up thy cross and didst follow Him Who sees all things.  
Thou didst submit thy rebellious flesh to His guidance,  
through the discipline of self-denial,//  
by the power of the Holy Spirit.

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

**Tone 5** *(For Saint John of the Ladder, from the Lenten Triodion)*

O holy Father,  
hearing the Lord's voice in the Gospel,  
thou didst spurn the riches and glory of the world.  
Thou didst cry out to all:

["Love God and find eternal grace!

“Love God and find eternal grace!  
Set nothing higher than His love;  
thus, thou wilt find rest with all the saints, when He comes in glory!”//  
Through his prayers guard and save our souls, O Christ!

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

**Tone 4** (*Theotokion – Dogmatikon*)

The Prophet David was a father of the Lord  
through thee, O Virgin.  
He foretold in songs the One Who worked wonder in thee:  
“At Thy right hand stood the Queen,”  
Thy Mother, the mediatrix of life,  
since God was freely born of her without a father.  
He wanted to renew His fallen image, made corrupt in passion,  
so He took the lost sheep upon His shoulder  
and brought it to His Father,  
joining it to the heavenly pow’rs.//  
Christ, Who has great and rich mercy, has saved the world, O Theotokos.

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**APOSTICHA**

**Tone 4** (*For the Resurrection*)

By ascending the Cross, O Lord,  
Thou hast annulled our ancestral curse.  
By descending to hell, Thou hast freed the eternal prisoners,  
granting incorruption to the human race.//  
Therefore in songs we glorify Thy life-creating and saving Resurrection.

*V. The Lord is King; He is robed in majesty!*

By hanging upon the tree, O only powerful Lord,  
Thou didst shake all of creation.  
By being laid in the tomb Thou hast raised those who dwelt in the tombs,  
granting life and incorruption to the human race.//  
Therefore in songs we glorify Thy rising on the third day.

*V. For He has established the world, so that it shall never be moved.*

The lawless people, O Christ,  
handed Thee over to Pilate, condemned to be crucified,  
thus proving themselves ungrateful before their Benefactor.  
But voluntarily Thou didst endure burial,  
rising by Thine own power on the third day as God,//  
granting us life everlasting and great mercy.

*V. Holiness befits Thy house, O Lord, forevermore!*

With tears the women reached Thy tomb,  
searching for Thee, but not finding Thee.  
They wept with wailing and lamented:  
“Woe to us! Our Savior, King of all,  
how wast Thou stolen?  
What place can hold Thy life-bearing body?”  
An Angel replied to them:  
“Do not weep, but go and proclaim that the Lord is risen,//  
granting us joy as the only compassionate One!”

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

**Tone 2** *(For Saint John of the Ladder, from the Lenten Triodion)*

Let us honour John!

He is an earthly angel and a heavenly man,  
the adornment of the world, the joy of the virtuous,  
the glory of ascetics.

He was planted in the house of God,  
and blossomed with the flower of sanctity.

He flourished in the desert like a cedar of Lebanon.//

Through him the sheep of Christ's flock grow in holiness and righteousness.

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

**Tone 2** *(Theotokion)*

A new miracle surpasses all ancient miracles!

Who knows of a Mother who gave birth without a man,  
who carried in her arms her Creator?

This birth is the will of God!

Since thou didst carry Him as an infant in thine arms, O most pure one,  
and since thou dost possess motherly boldness before Him,

do not cease praying for us who honour thee,//  
that He may be bountiful and save our souls!

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**TROPARIA**

**Troparion of the Resurrection in Tone 4**

*[Music on website / Green Book page 8]*

When the women disciples of the Lord learned from the angel

the joyous message of Thy Resurrection,

they cast away the ancestral curse

and elatedly told the apostles:

"Death is overthrown!

Christ our God is risen,//

granting the world great mercy!"

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

**Troparion of St John of the Ladder in Tone 1**

*[Music on website / Sheet]*

O dweller of the wilderness and angel in the body,

thou wast a wonderworker, O our God-bearing Father John.

Thou didst receive heavenly gifts through fasting, vigil, and prayer,  
healing the sick and the souls of those drawn to thee by faith.

Glory to Him Who gave thee strength!

Glory to Him Who granted thee a crown!//

Glory to Him Who grants healing to all!

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

**Resurrectional Dismissal Theotokion in Tone 1**

When Gabriel announced to thee, "Rejoice!"

the Master of all became incarnate within thee, O Virgin:

the holy tabernacle, at his cry,

as the righteous David said.

Thou wast shown to be more spacious than the heavens,  
having borne thy Creator.

Glory to Him Who made His abode within thee!

Glory to Him Who came forth from thee!

Glory to Him Who hath set us free

by thy birthgiving.