

# Vespers sung on Saturday 29<sup>th</sup> March for Sunday 30<sup>th</sup> March 2025

## Fourth Sunday of Great Lent ♦ Saint John of Sinai, author of *The Ladder*

“LORD, I CALL ...”

**Tone 7** (*For the Resurrection*)

[Music on website]

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 7** (*For the Resurrection*)

Come, let us rejoice in the Lord,

Who destroyed the dominion of death!

Let us sing to Him with the bodiless hosts,

for He enlightened the race of man!//

O our Maker and Saviour, glory to Thee!

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

Thou didst endure the Cross and burial for our sake.

By Thy death, Thou didst destroy death as God.

We fall down before Thy Resurrection on the third day,//

O Saviour, glory to Thee!

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

When the Apostles beheld the Resurrection of the Maker,  
they were amazed and sang the angelic praise.

This is the glory of the Church.

This is the richness of the Kingdom.//

O Lord, crucified for our sake, glory to Thee!

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

Thou wast held by lawless men, O Christ,

but to me, Thou art God, and I am not ashamed.

Thou wast smitten on the cheek, but I do not deny Thee.

Thou wast nailed to the Cross and I do not conceal it,

for I glory in Thy Resurrection: Thy death is my life.//

O almighty Lord and Lover of man, glory to Thee!

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

Fulfilling the prophecy of David,

Christ manifested His greatness in Zion to the disciples.

He is praised and always glorified,

together with the Father and the Holy Spirit.

At first as the Word, He was bodiless,

but then He took flesh and was slain for our sake.//

He rose in power as the Lover of man!

*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 didst descend into hell as Thou didst will, O Christ,  
overthrowing death as God and rising on the third day as Master!  
With Thyself Thou didst raise Adam from the bonds of hell and from corruption!//  
Glory to Thy Resurrection, O only Lover of man!

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

Thou wast placed in the tomb, O Lord, as one asleep!  
On the third day Thou didst rise in power,  
raising Adam with Thyself from the corruption of death//  
as the Almighty One.

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

**Tone 8 (From the Lenten Triodion for Saint John of the Ladder)**

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 (From the Lenten Triodion for Saint John of the Ladder)**

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!  
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 7 (Theotokion – Dogmatikon)**

No tongue can speak of thy wonderful childbearing,  
for the order of nature was overruled by God.  
Thou wast revealed to be a Mother above nature,  
for thou didst remain a Virgin beyond reason and understanding.  
Thy conception was most glorious, O Theotokos!  
The manner of thy giving birth was ineffable, O Virgin!  
Knowing thee to be the Mother of God,  
devoutly we pray to thee://  
"Beseech Him to save our souls!"

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## APOSTICHA

### Tone 7 *(For the Resurrection)*

[Music on website]

As the Saviour of the world Thou didst arise from the tomb.  
As God Thou didst resurrect the race of man with Thy flesh.//  
O Lord, glory to Thee!

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

Come, let us worship the One Who rose from the dead,  
and enlightened all creation!  
By His death, He saved us from the torments of hell.//  
By His Resurrection He has granted us eternal life and great mercy.

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

Thou didst descend into hell, capturing death, O Christ.  
In three days Thou didst rise again,  
resurrecting us who glorify Thy Resurrection.//  
O Lord and Lover of man.

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

When Thou wast placed in the tomb as one asleep,  
the sight was great and awesome.  
But when Thou didst rise on the third day as almighty God,  
Thou didst resurrect Adam with Thyself.//  
Glory to Thy Resurrection, only Lover of man!

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

### Tone 2 *(From the Lenten Triodion for Saint John of the Ladder)*

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 7

[Music on website / Green Book page14]

By Thy Cross Thou didst destroy death.  
To the thief Thou didst open Paradise.  
For the Myrrhbearers Thou didst change weeping into joy,  
and Thou didst command Thy disciples, O Christ God,  
to proclaim that Thou art 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!

*Both now and ever and unto the 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.

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