

Fourth Sunday of Lent
Saint John of the Ladder; Tone 8

Great Vespers

Blessed is the Man

At Lord I have cried: Octoechos 7; Triodion 3; *Glory*: Triodion, Tone 6; *Both now*: Dogmatic Theotokion in the tone of the week

Aposticha: Octoechos 4; *Glory*: Triodion, Tone 8; *Both now*: Resurrectional Theotokion
(*O new wonder...*)

Troparia: *O Theotokos Virgin, Rejoice, thrice*

Matins

After *God is the Lord*: Resurrectional Troparion twice; *Glory*: Saint (*O John, our father...*);
Both now: Theotokion (*At Gabriel's salutation...*)

After each Kathisma: Sessional Hymns from the Octoechos

Evlogitaria

Hypakoë, Hymns of Ascent and Prokeimenon in tone of the week

Matins Gospel

Having beheld the Resurrection

Psalm 50; *Glory*: *The doors of repentance*; *Both now*: *Guide me in the paths of salvation; Have mercy on me, O God; When I think of the multitude of evil things I have done.*

Canon

Resurrection	2	<i>Glory to Thy Holy Resurrection, O Lord</i>
Theotokos	1	<i>O Most-holy Theotokos, save us</i>
Triodion	2	<i>Have mercy on me, O God, have mercy on me</i>
Saint	3	<i>O Venerable Father John, pray to God for us</i>
Katavasia		<i>I shall open my mouth...</i>

After Ode 3: Kontakion of the Saint (*Truly the Lord...*) and Sessional Hymns from the Triodion

After Ode 6: Kontakion and Ikos from the Octoechos

After Ode 8: *My soul doth magnify...*

Holy is the Lord, our God

Exapostilaria: Gospel; *Glory*: Saint; *Both now*: Theotokion in the Triodion

Praises: Octoechos 8, with Psalm verses:

I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

I will be glad and rejoice in Thee, I will chant unto Thy name, O Most High.

And then the verse *Arise, O Lord my God...* followed by the sticheron in the Triodion:

Come, let us work...; Glory: Repeat; *Both now*: *Most blessed art thou...*

After the dismissal: *Glory*, *Both now*: Gospel Sticheron

At the Hours

Troparion: Resurrection; *Glory*: Saint

Kontakion: Resurrection