

**Fourth Sunday of Lent**  
**Saint John of the Ladder / Tone 3**

**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*

*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*

*11th 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 Glory to Thy Holy Resurrection, O Lord*

*Theotokos 1 O Most-holy Theotokos, save us*

*Triodion 1/1 Have mercy on me, O God, have mercy on me*

*Saint 3 O Venerable Father John, pray to God for us*

*Katavasia I shall open my mouth...*

*After Ode 3: Kontakion of the Saint 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: 11th Gospel; Glory: Saint; Both now: Theotokion in the Triodion*

*Praises: Octoechos 8, with Psalm verses:*

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*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.*

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*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: 11th Gospel Sticheron*

**At the Hours**

*Troparion: Resurrection; Glory: Saint*

*Kontakion: Resurrection*