

# Lord I Have Cried - Psalm 141

## Resurrection Tone 5

O Lord, I have cried un - to You, hear me!

Hear me, O Lord! O Lord, I have

cried un - to You hear me! Re - ceive the

voice of my prayer when I call up - on You.

Hear me O Lord!

Let my prayer be set forth in Your sight as in - cense,

and let the lift - ing up of my hands be an

eve - ning sac - ri - fice. Hear me,

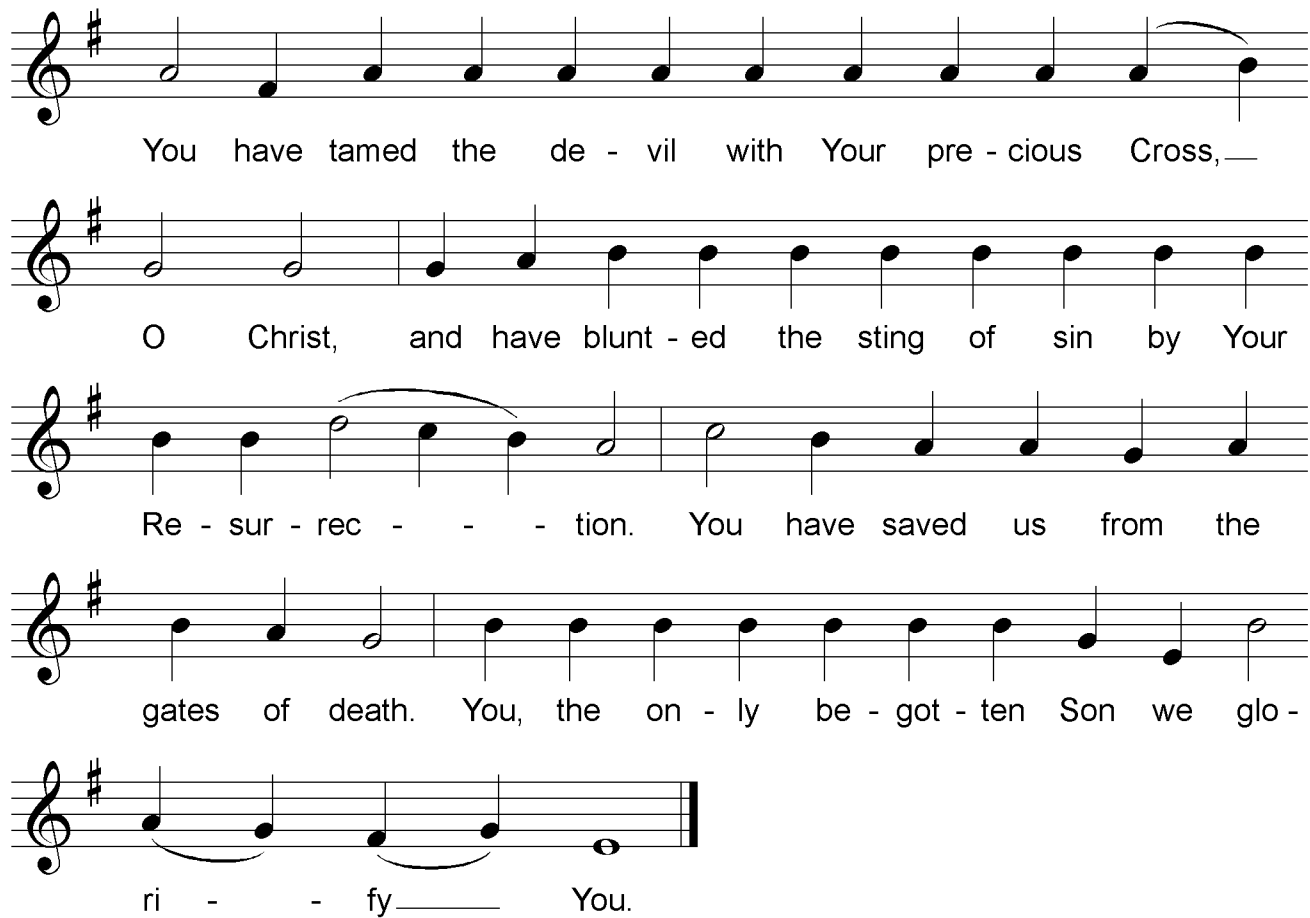
O Lord!

Verse 1:



Bring my soul out of pri - son that I may praise Your Name.

Stichera 1:



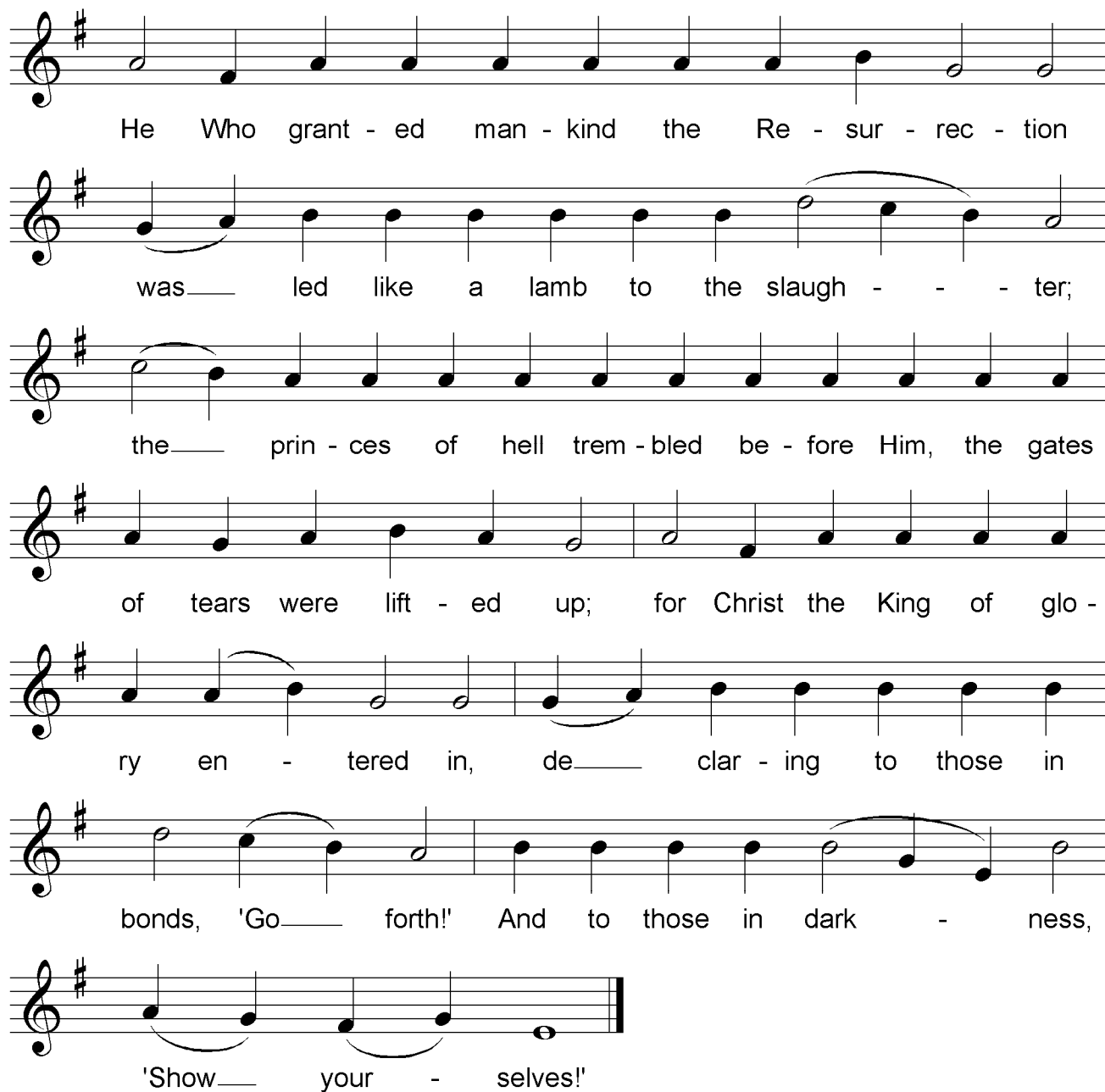
You have tamed the de - vil with Your pre - cious Cross, —  
O Christ, and have blunt - ed the sting of sin by Your  
Re - sur - rec - - - tion. You have saved us from the  
gates of death. You, the on - ly be - got - ten Son we glo -  
ri - - - fy ——— You.

Verse 2:



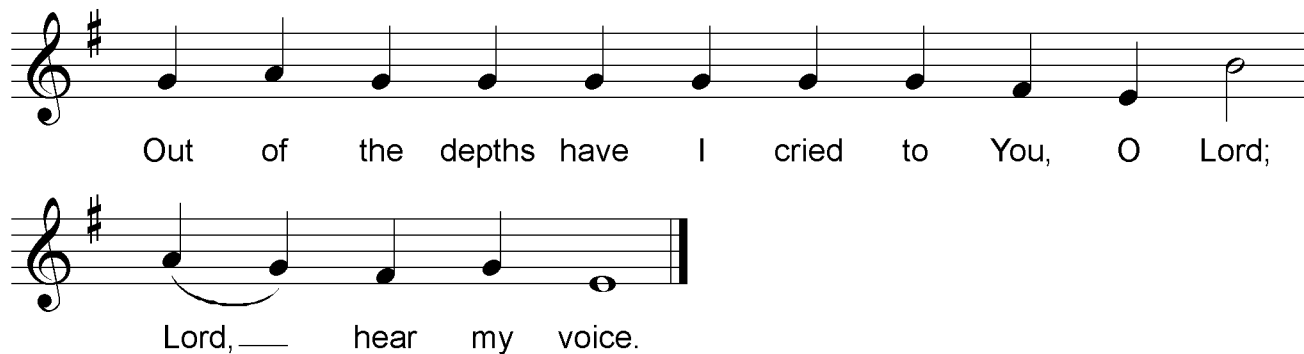
The right - eous will sur - round me for You will deal boun - ti -  
ful - ly with me.

Stichera 2:



He Who grant - ed man - kind the Re - sur - rec - tion  
was led like a lamb to the slaugh - - - ter;  
the prin - ces of hell trem - bled be - fore Him, the gates  
of tears were lift - ed up; for Christ the King of glo -  
ry en - tered in, de - clar - ing to those in  
bonds, 'Go forth!' And to those in dark - ness,  
'Show your - selves!'

Verse 3:



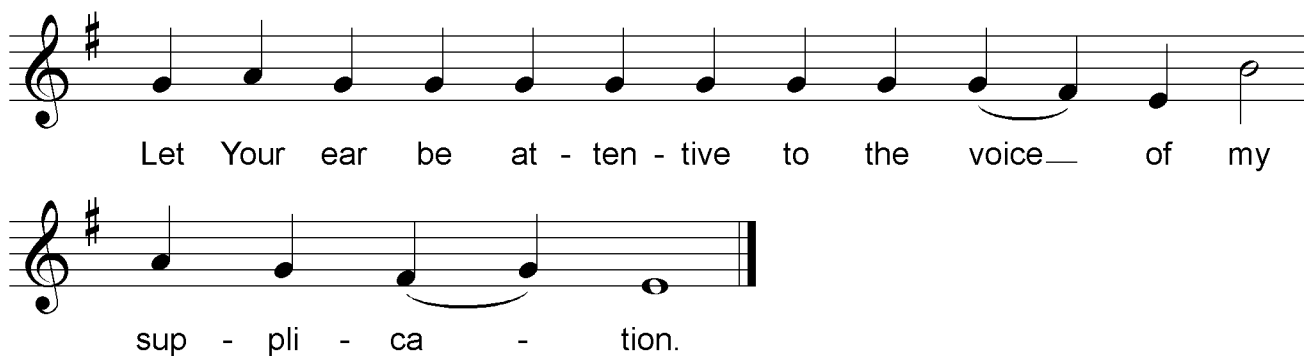
Out of the depths have I cried to You, O Lord;  
Lord, hear my voice.

Stichera 3:



What a mighty wonder! In His love for mankind the  
Ma - ker of things in - vi - si - ble suf - fered in  
the flesh, and He Who was Im - mor - tal rose.  
Come and wor - ship Him, you kin - dreds of the na - tions;  
let us, de - liv - ered in - deed from be - guile - ment by His  
com - pas - sion, learn to sing the prais - es of  
the on - ly God in three Per - sons.

Verse 4:



Let Your ear be at - ten - tive to the voice of my  
sup - pli - ca - tion.

Stichera 4:

We of - fer up to You our eve - ning wor - ship,  
O un - cre - a - ted Light from all e - ter - ni - ty.  
For through the flesh, as in a glass, You have shown up -  
on the world, de - scend - ing ev - en to hell,  
set - ting free those in dark - ness there, and  
show - ing forth to the na - tions the light of the Re - sur -  
rec - tion: Glo - ry to You, O Lord, gi - ver of light.

Verse 5:

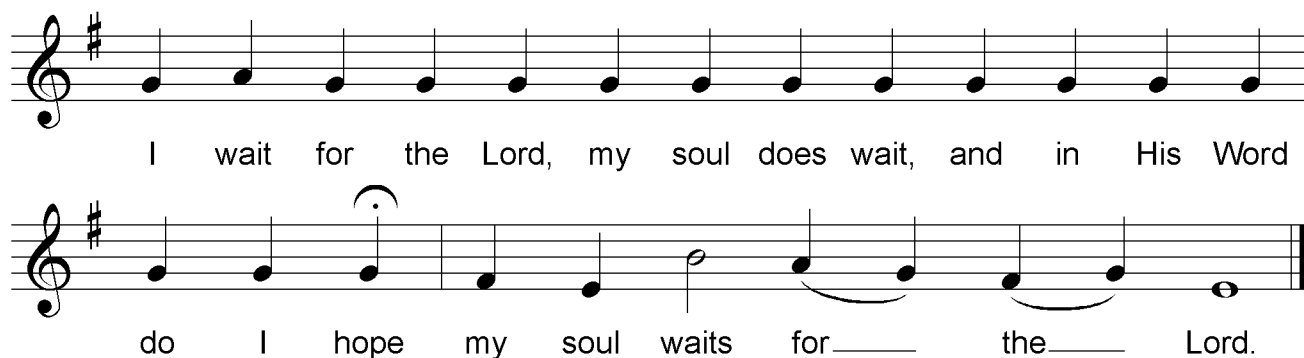
If You, Lord, shall mark i - ni - qui - ties, Lord, who shall stand?  
But there is for - give - ness with You, that You might be feared.

Stichera 5:



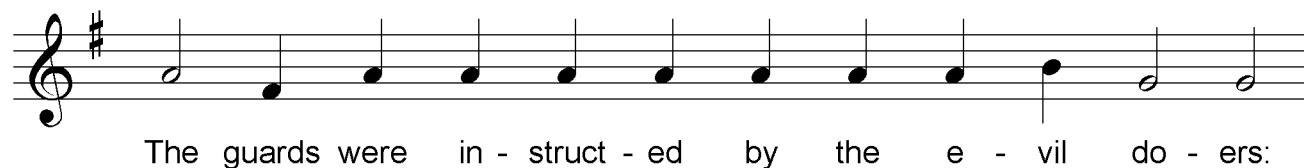
Let us glo - ri - fy Christ, the au - thor of our sal - va - tion,  
For by His ri - sing from the dead, the world is saved from  
be - guile - - - ment; the\_\_\_\_ choir of an - gels  
re - joic - es, the er - ror of de - mons takes\_\_\_\_ flight;  
fal - len A - dam is raised; the de - vil is laid low.

Verse 6:



I wait for the Lord, my soul does wait, and in His Word  
do I hope my soul waits for\_\_\_\_ the\_\_\_\_ Lord.

Stichera 6:



The guards were in - struct - ed by the e - vil do - ers:

"Keep— se - cret the Re - sur - rec - tion of Christ!  
Take the pie - ces of sil - ver and say: 'We were sleep - ing,  
and the bo - dy was sto - len from the tomb.'" Who has  
ev - er heard or seen that a bo - dy, es - pe -  
cial - ly one an - noin - ted and un - clothed,  
was— sto - len from a tomb, with the grave clothes  
left— ly - ing? Be not led a - stray, O you Jews.  
Get to know the say - ings of the Pro - - - phets,  
and— come to be - lieve that He is tru - ly

the re - deem - er of the world and the Al - might - y.

Verse 7:

From the morn - ing watch un - til the night, from the morn - ing watch

let Is - ra - el hope in the Lord.

Stichera 7:

O Lord, You have robbed hell, and You our Sa - voir

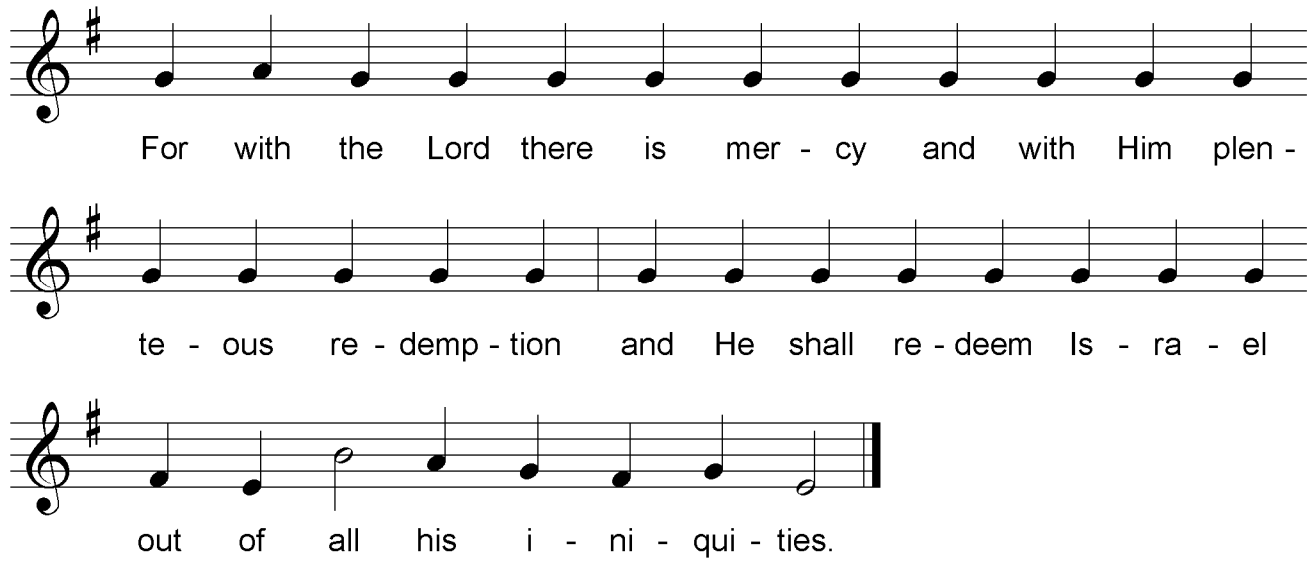
have tram - pled death, and en - light - ened the world through

Your pre - cious Cross. Have mer - cy on us, O Lord.

In the event that additional stichera are available to be sung, the remaining verses are set forth below:

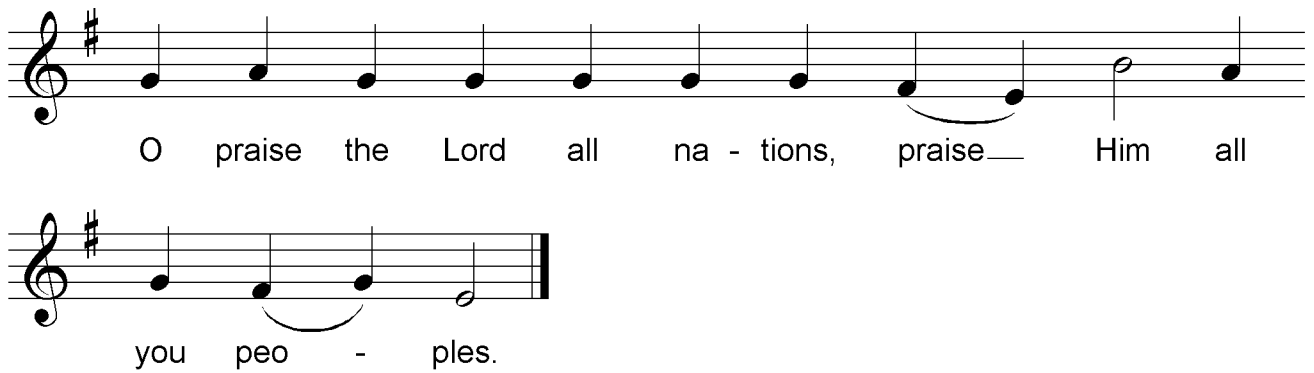


Verse 8:



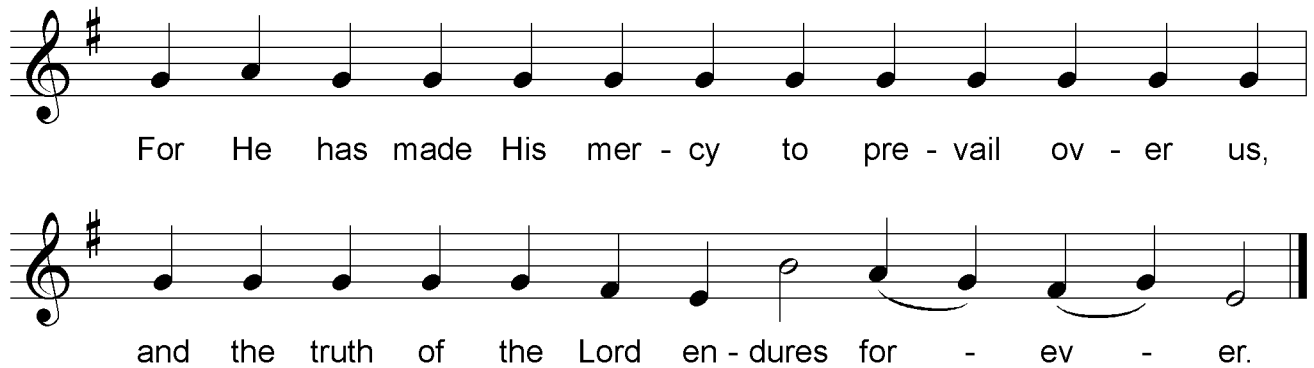
For with the Lord there is mer - cy and with Him plen -  
te - ous re - demp - tion and He shall re - deem Is - ra - el  
out of all his i - ni - qui - ties.

Verse 9:



O praise the Lord all na - tions, praise — Him all  
you peo - ples.

Verse 10:



For He has made His mer - cy to pre - vail ov - er us,  
and the truth of the Lord en - dures for - ev - er.

Glory Now and Ever Verse:

Glo - ry to the Fa - ther and to the Son and to  
the Ho - ly Spi - rit, now and ev - er and  
for - ev - er. — A - men.

Glory Now and Ever Stichera:

In times past, the im - age of the un - wed - ded  
Bride was in - scribed in the Red Sea: There — Mo - ses  
part - ed the wa - ters; here Ga - bri - el was the ser - vant of  
the mi - ra - cle. Then — Is - ra - el passed  
dry - shod through the sea; while the the Vir - gin has, with -

out seed gi - ven birth to Christ. Af - ter the pas - sing  
 of Is - ra - el, the sea was im - pass - a - ble as  
 be - fore. Af - ter the birth of Em - man - u - el,  
 the Vir - gin with - out re - proach, re - mains un - cor - rupt.  
 You, O God, who are now, and have been and will ev - er be,  
 and have ap - peared as man: Glo - ry to You!

# The Aposticha

## Resurrection Tone 5

### Stichera 1:

We lift up our voices in song to magnify You,  
O Saviour, Christ incarnate yet never parted  
from heaven, For You, O Lord who loves  
mankind, have suffered the Cross and death for the  
sake of our kind: and casting down the gates of hell,  
You have risen on the third day, and thereby  
have saved our souls.

### Verse 1:

The Lord is King, and has put on glorious

ap - par - el.

Stichera 2:

O Gi - ver of life, Your pierced side poured streams of re -

mis - sion, life and sal - va - tion up - on us — all.

By — ta - king up - on Your - self death in the flesh,

You have grant - ed us im - mor - ta - li - ty, and ta - king

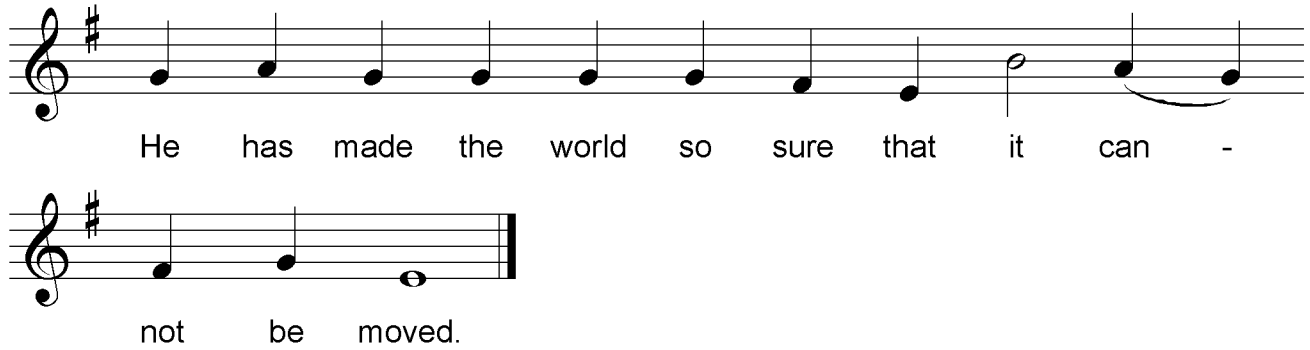
up Your a - bode in the tomb, You have set us all free,

and as God You have raised us up with You in glo - ry.

There - fore we — cry a - loud: Glo - ry to You, O

Lord Who loves — man - kind.

Verse 2:



He has made the world so sure that it can -  
not be moved.

The musical notation for Verse 2 consists of two staves in G major. The first staff contains the melody for the first line of text, with a fermata over the final note. The second staff contains the melody for the second line of text, ending with a double bar line.

Stichera 3:



O Lord Who loves— man - kind, strange— are Your  
cru - ci - fix - ion and Your de - scent in - to hell.  
For— af - ter de - spoil - ing it, and rais - ing  
up with Your - self as God in glo - ry, those who were  
in times of old held cap - tive— there, You have  
open - ed Pa - ra - dise and vouch - safed that it let  
man en - ter. Cleanse us there - fore from sin, who glo - ri -

The musical notation for Stichera 3 consists of seven staves in G major. The melody is written on a single treble clef staff. The text is aligned with the notes, with some words having a fermata over them. The piece ends with a double bar line.

fy Your Re - sur - rec - tion on the third day,  
 and grant al - so that we too may dwell in E - den:  
 For You a - lone are mer - ci - ful.

Verse 3:

Ho - li - ness is fit - ting for Your house, O Lord, for  
 length of days.

Stichera 4:

O Lord, Who for our sakes has ac - cept - ed suf - fer - ing  
 in the flesh and has ri - sen on the third day from the dead,  
 heal the pas - sions of our flesh, and raise us from our griev -

ous in - ni - qui - ties, and save us, O Lord, for You a -  
lone love — man - kind.

Glory Now and Ever Verse:

Glo - ry to the Fa - ther and to the Son and to  
the Ho - ly Spi - rit, now and ev - er and  
for - ev - er. — A - men.

Glory Now and Ever Stichera:

O most ho - ly Vir - gin, You are the Tem - ple  
and the — Gate, the — Pa - lace and the Throne  
of kings. Christ, the Lord, Who is my De - liv - er - er,



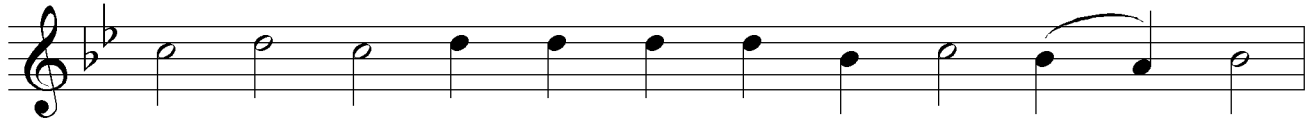
ap - peared through you to those a - sleep in dark - ness,  
 be - cause He, the Sun of Right - eous - ness,  
 wished to give light to the work of His hands,  
 fa - shioned in His own i - mage. as you have  
 the bold - ness of a mo - ther towards her Son,  
 we en - treat you whom all men praise, to beg Christ  
 to save our souls.

# Tropar and Theotokian

## Resurrection Tone 5



We the faith - ful pro - claim and wor - ship the Word,



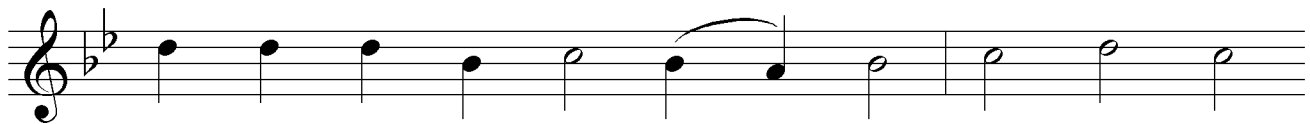
e - ter - nal with the Fa - ther and the Spi - rit.



He was born of the Vir - gin for our sal - va - tion.



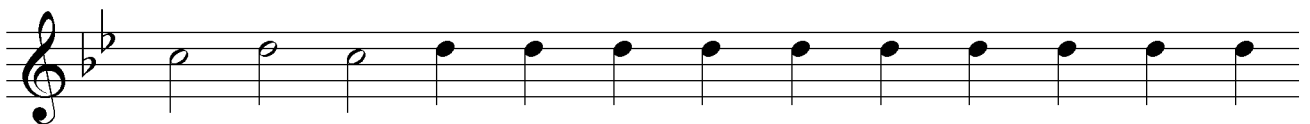
He will - ing - ly a - scend - ed the Cross



in the flesh and suf - fered death. He raised the



dead by His glo - ri - ous Re - sur - rec - - - tion.



Glo - ry to the Fa - ther and to the Son and to the



Ho - ly Spi - rit, now and ev - er and un - to

a - ges of a - ges. — A - men.

Hail! Gate of the Lord no one can en - ter

Hail! De - fense and pro - tec - tion of those who come to — you!

Hail! Peace - ful ha - ven who has ne - ver known man,

and yet has gi - ven birth to your Ma - ker and God!

Ne - ver cease to in - ter - cede for those who sing the — praise

of the One born of you, of those who wor - ship Him.