


Lord I Have Cried - Psalm 141

Resurrection Tone 7



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!

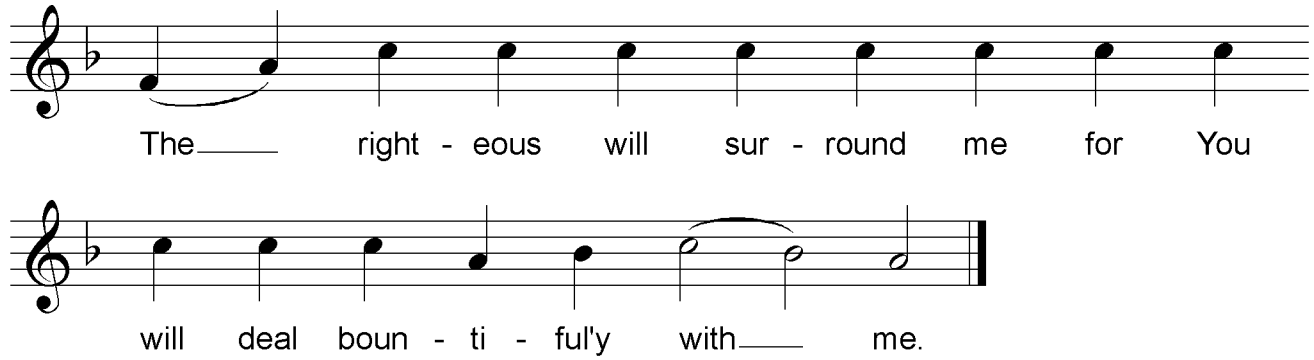
Verse 1:

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

Stichera 1:

O come, let us re - joice in the Lord
Who de - stroyed the pow - er of death and
en - light - ened man - kind. And let us cry
a - loud with the an - gels: Glo - ry to
You, our Cre - a - tor and our Sa - vior!

Verse 2:



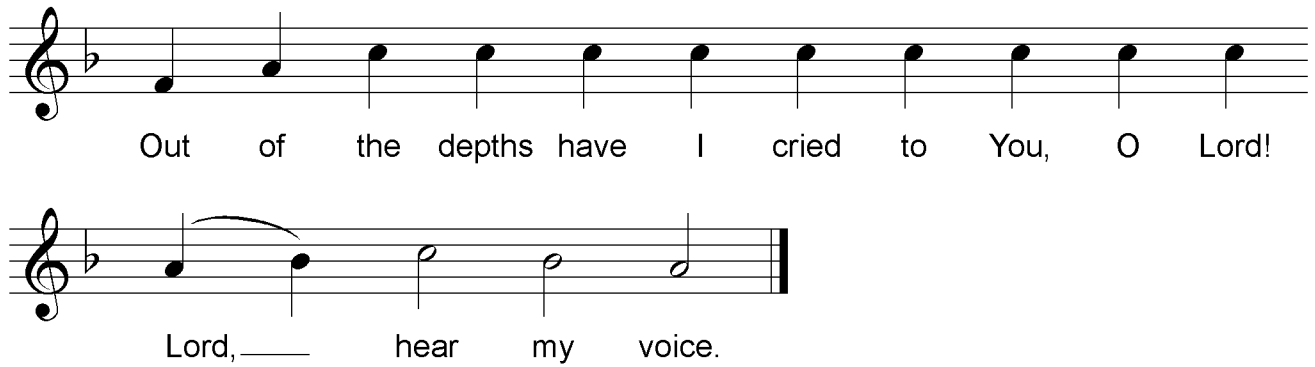
The _____ right - eous will sur - round me for You
will deal boun - ti - ful'y with _____ me.

Stichera 2:



On our ac - count You have en - dured the
Cross and the tomb: And as God You have
by death al - so put death to death:
There - fore we wor - ship Your Re - sur - rec - tion
on the third day: Glo - - - ry to You,
O ri - - - sen Lord.

Verse 3:



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

The musical notation for Verse 3 consists of two staves. The first staff contains ten quarter notes: G4, A4, Bb4, C5, D5, E5, F5, G5, A5, Bb5. The second staff contains five notes: G4 (quarter), A4 (quarter), Bb4 (half), C5 (quarter), D5 (quarter), followed by a double bar line.

Stichera 3:



Be - hold - ing the Re - sur - rec - tion of
the Cre - a - tor, the won - der - ing
A - pos - tles sang an an - ge - lic song —
of praise; 'Here is the glo - ry of the
Church, here is the rich - ness of the King - dom
Glo - ry to You, O Lord, — Who has suf - fered

The musical notation for Stichera 3 consists of six staves. The first staff contains ten quarter notes: G4, A4, Bb4, C5, D5, E5, F5, G5, A5, Bb5. The second staff contains ten notes: G4 (quarter), A4 (quarter), Bb4 (half), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), Bb5 (quarter). The third staff contains ten notes: G4 (quarter), A4 (quarter), Bb4 (half), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), Bb5 (quarter). The fourth staff contains ten notes: G4 (quarter), A4 (quarter), Bb4 (half), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), Bb5 (quarter). The fifth staff contains ten notes: G4 (quarter), A4 (quarter), Bb4 (half), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), Bb5 (quarter). The sixth staff contains ten notes: G4 (quarter), A4 (quarter), Bb4 (half), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), Bb5 (quarter).

death for us.'

Verse 4:

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

Stichera 4:

O Christ, though You have been ta - ken
cap - tive by wick - ed men, — You are
my God, and I am not a - shamed; —
I de - ny not that Your back was scourged;
I keep not hid that You were nailed

to the Cross. I boast of Your Re -
 sur - rec - tion, for Your death is my life.
 O al - might - y Lord — Who loves man - kind,
 glo - ry to You!

Verse 5:

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

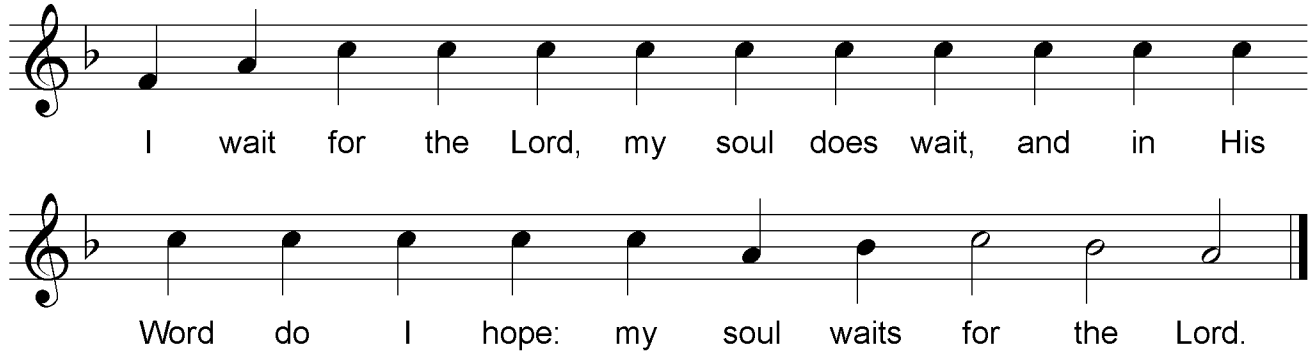
Stichera 5:

Christ ful - fill - ing the pro - phe - cy of Da - vid,
 re - vealed to His dis - ci - ples the ma - jes - ty

of His ha - bi - ta - tion in Zi - on;
and showed Him - self forth as ev - er praised and
glo - ri - fied with the Fa - ther and the Ho - ly
Spi - rit, be - ing the Word with - out flesh
that is with - out be - gin - ning and then
in - car - nate for our sake and slain
as man and ri - sen in pow - er,
as He is - the Lo - ver of man - kind.

The image shows a musical score for a hymn. It consists of eight staves of music, each with a treble clef and a key signature of one flat (B-flat). The lyrics are written below the notes. The music is written in a simple, clear style, with notes and rests clearly visible. The lyrics are: "of His ha - bi - ta - tion in Zi - on; and showed Him - self forth as ev - er praised and glo - ri - fied with the Fa - ther and the Ho - ly Spi - rit, be - ing the Word with - out flesh that is with - out be - gin - ning and then in - car - nate for our sake and slain as man and ri - sen in pow - er, as He is - the Lo - ver of man - kind." The final note of the eighth staff is a double bar line.

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:



As God and Lord, O Christ, of Your own will
You have de - scend - ed in - to hell,
de - spoil - ing death. — On the third day
You rose a - gain, rais - ing with You A - dam,
held cap - tive by the chains of hell and
of cor - rup - tion, who cried — and said:

Glo - ry to Your Re - sur - rec - - tion,
O Lord _____ Who loves man - kind.

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 were laid in the tomb as
if a - sleep, _____ and af - ter three days
You rose a - gain in might - y strength____
rais - ing up A - dam from the cor - rup -

tion of death with You, since You

are al - - might - y.

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

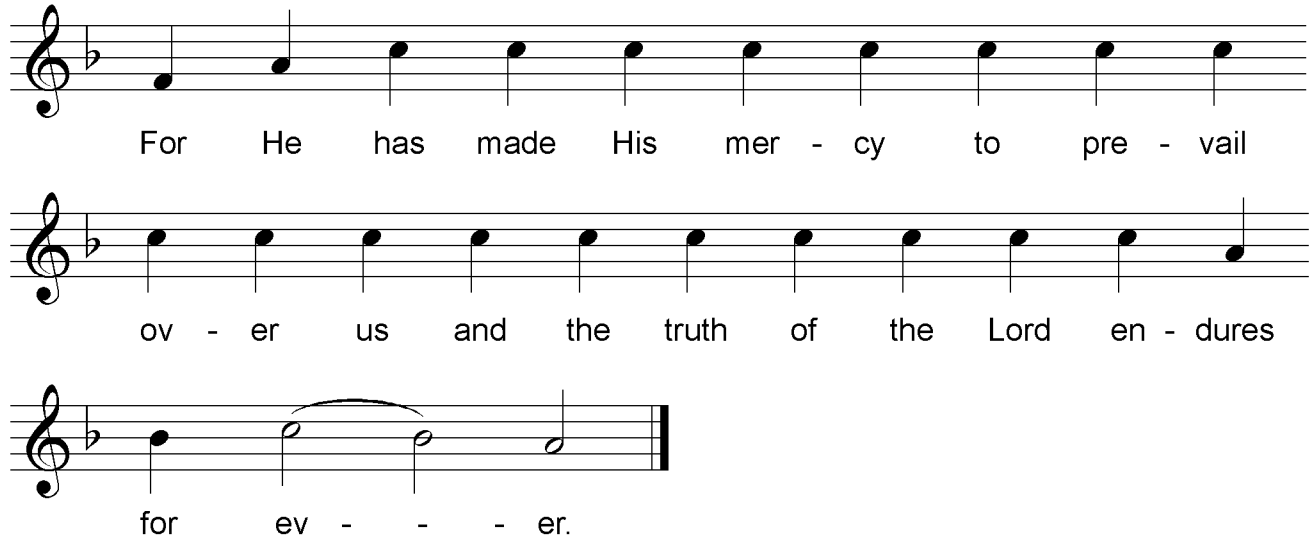
re - deem Is - ra - el out of all his i - ni - qui - ties.

Verse 9:

O praise the Lord, all na - tions, praise Him all you

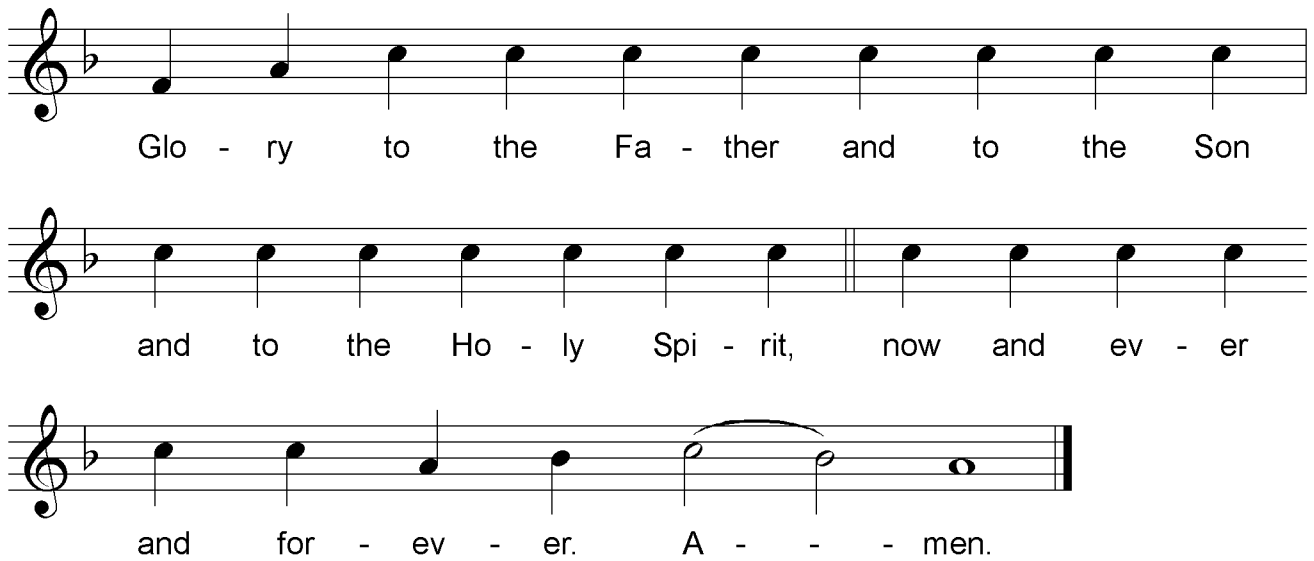
peo - - - ples.

Verse 10:



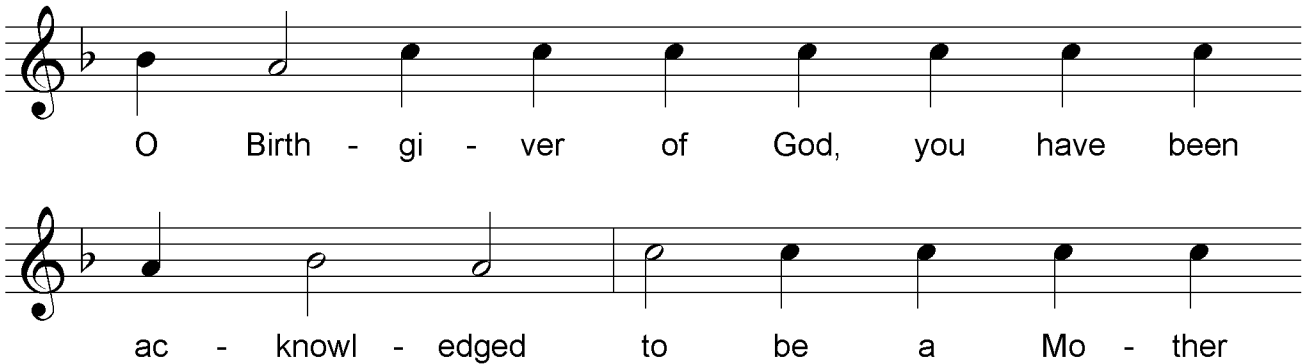
For He has made His mer - cy to pre - vail
ov - er us and the truth of the Lord en - dures
for ev - - - er.

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.

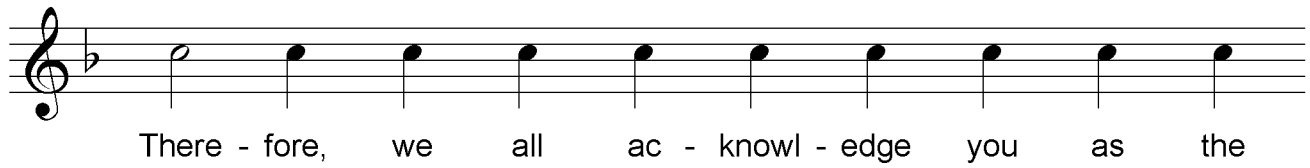
Glory Now and Ever Stichera:



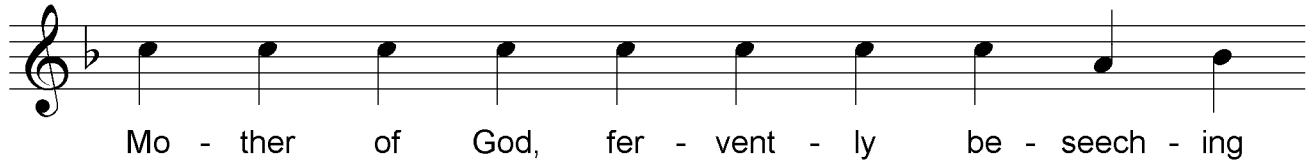
O Birth - gi - ver of God, you have been
ac - knowl - edged to be a Mo - ther

The image shows a musical score for a hymn. It consists of ten staves of music, each with a treble clef and a key signature of one flat (B-flat). The lyrics are written below the notes. The music is written in a simple, hymn-like style with mostly quarter and half notes. There are several phrases with long horizontal lines underneath them, indicating that the notes are held for a longer duration than the written note value. The lyrics are: a - bove and be - yond na - ture, yet still re - main - ing a Vir - gin. This is past words and un - der - stand - ing, and the won - der of your gi - ving birth no tongue can tell. Most glo - ri - ous, O Vir - gin, was your con - ceiv - ing; and be - yond the grasp of mind is the man - ner of your child - bear - ing. For when God so wills, the or - der of na - ture is ov - er - thrown.

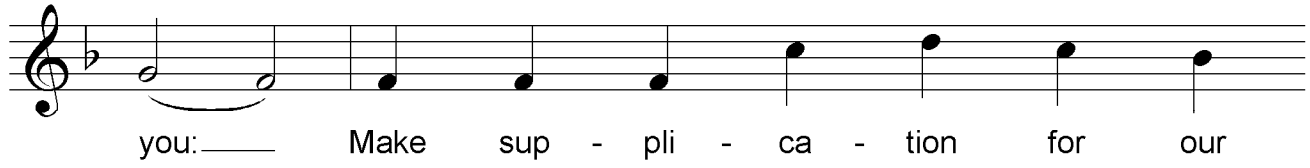
a - bove and be - yond na - ture, yet still re -
main - ing a Vir - gin. This is past
words and un - der - stand - ing, and the
won - der of your gi - ving birth no tongue—
can tell. Most glo - ri - ous, O Vir - gin,
was your con - ceiv - ing; and be - yond
the grasp of mind is the man - ner of your
child— bear - ing. For when God so wills, the
or - der of na - ture is ov - er - thrown.—



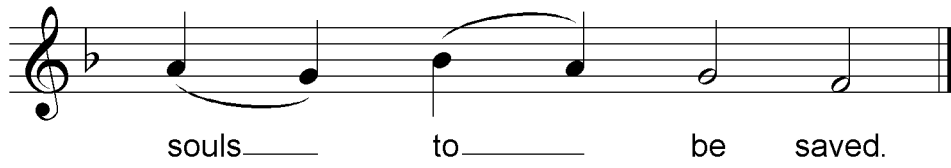
There - fore, we all ac - knowl - edge you as the



Mo - ther of God, fer - vent - ly be - seech - ing



you:_____ Make sup - pli - ca - tion for our

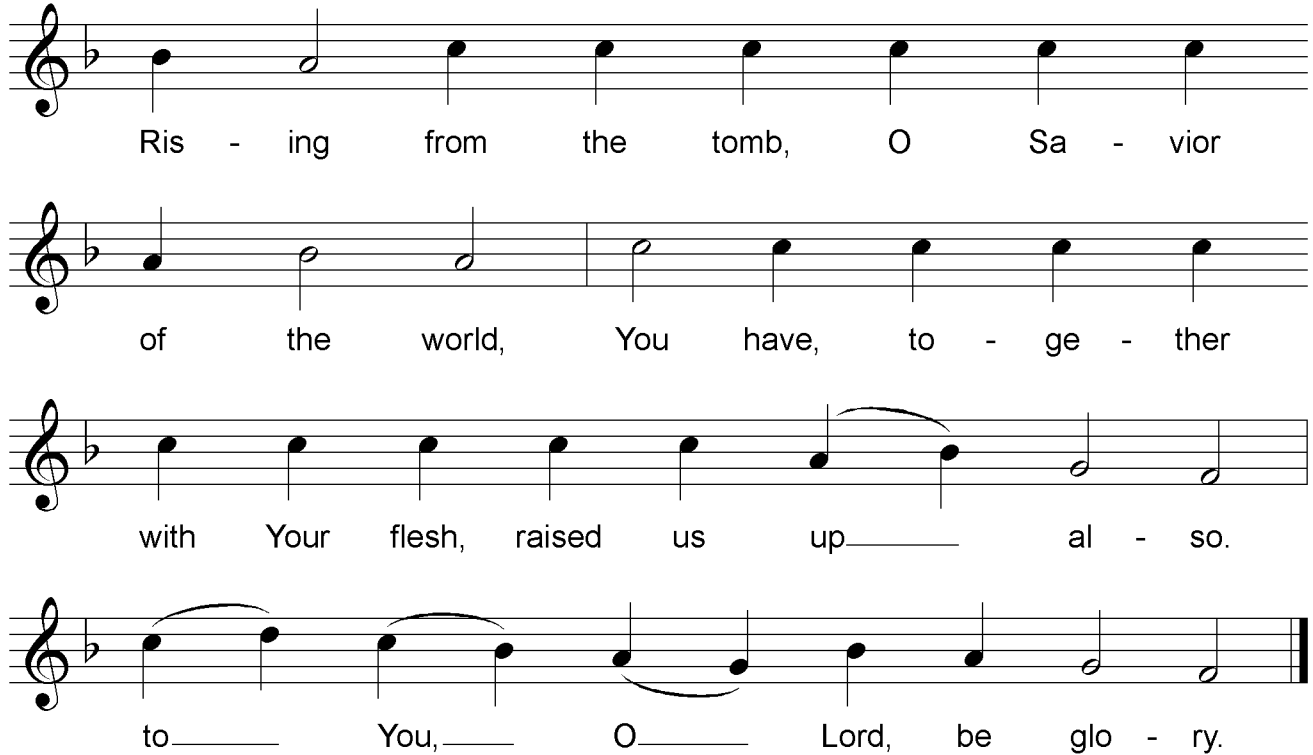


souls_____ to_____ be saved.

The Aposticha

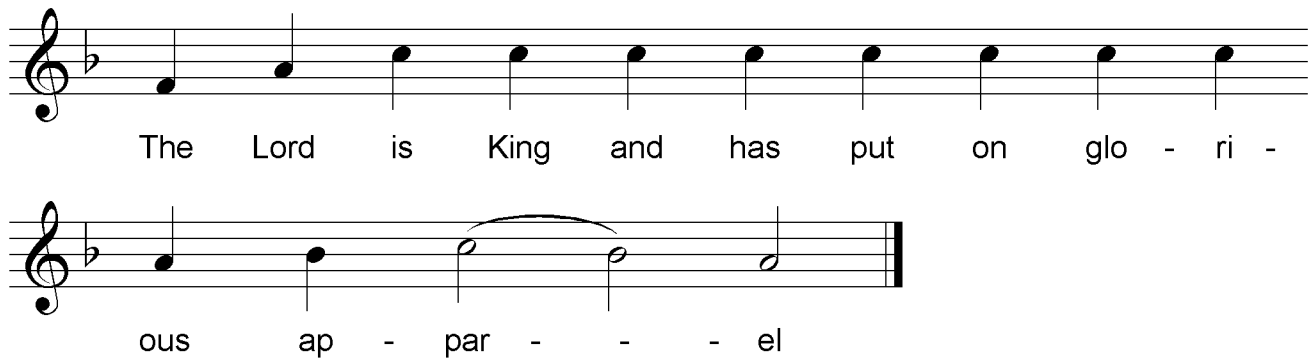
Resurrection Tone 7

Stichera 1:



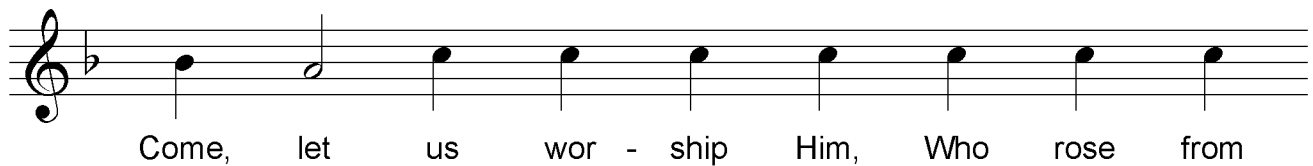
Ris - ing from the tomb, O Sa - vior
of the world, You have, to - ge - ther
with Your flesh, raised us up al - so.
to You, O Lord, be glo - ry.

Verse 1:



The Lord is King and has put on glo - ri -
ous ap - par - - - el

Stichera 2:



Come, let us wor - ship Him, Who rose from

the dead and gave light to all.

For by His Res - ur - rec - tion on the

third day, He set us free from the

ty - ran - ny of hell, grant - - ing us

life and great mer - cy.

Verse 2:

He has made the world so sure that it can -

not be moved.

Stichera 3:

O Christ the Lord, Who a - lone loves man - kind,

You have de - scend - ed in - to hell,

de - spoil - ing death and ri - sing up - on

the third day, You have raised us up with You,

glo - ri - fy - ing Your all - pow - er - ful

Re - sur - rec - tion, O Lord, Who

loves man - kind.

Verse 3:

Ho - li - ness is fit - ting for Your house, O

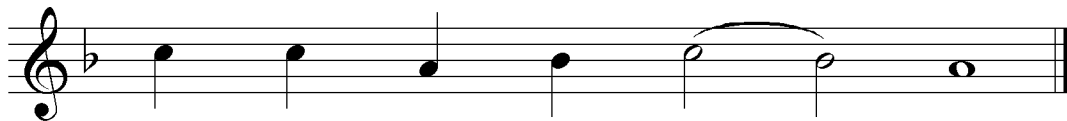
Lord, for length of days.

Stichera 4:

O Lord, what an aw - ful sight it was
to see You ly - ing a - sleep as if in the tomb;
yet You a - rose on the third day in might,
rais - ing up with You A - dam, who cried
out to You: 'Glo - ry to Your Re - sur -
rec - tion, O Lord, Who loves 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

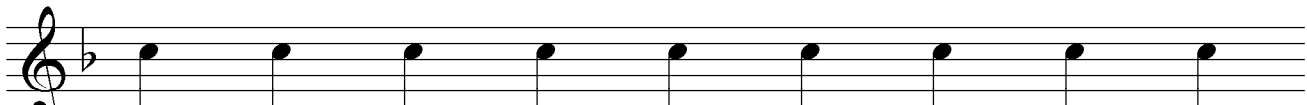


and for - ev - er. A - - - men.


Glory Now and Ever Stichera:




All we dwell - ers on the earth, tak - ing



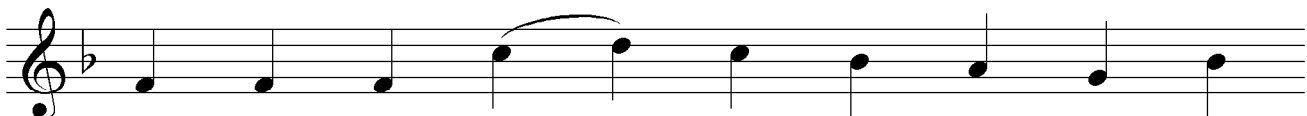
re - fuge un - der your pro - tec - tion, O




La - dy, cry a - loud to you:



O Birth - gi - ver of God, you are our hope;



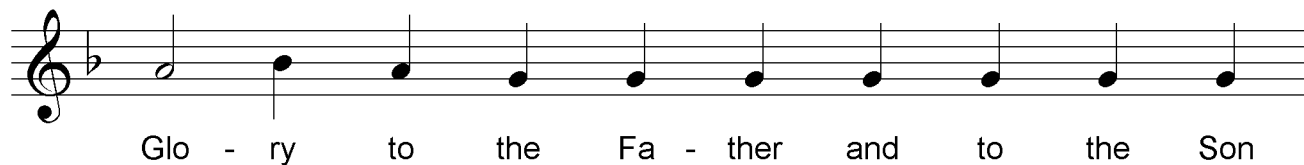
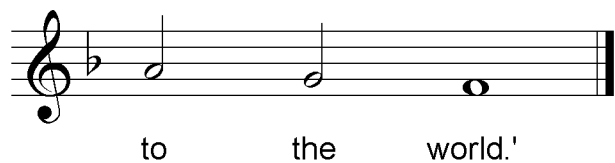
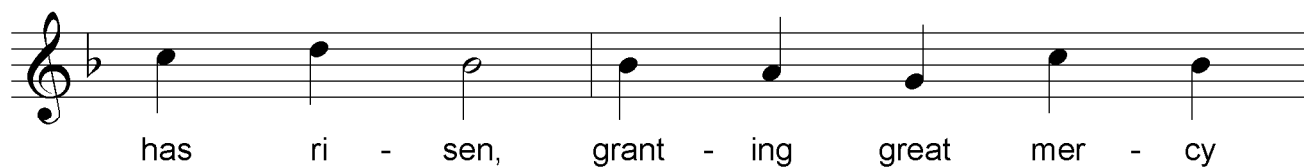
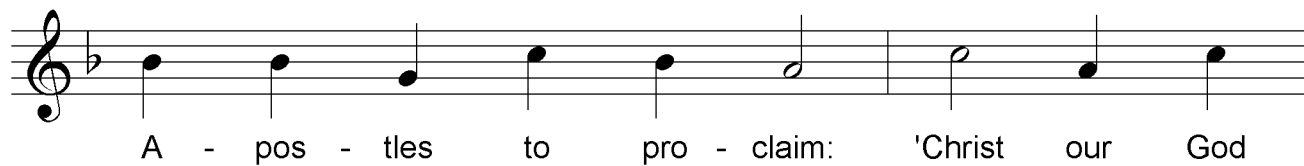
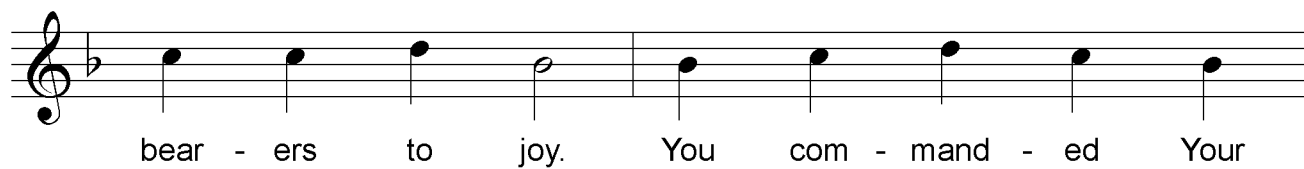
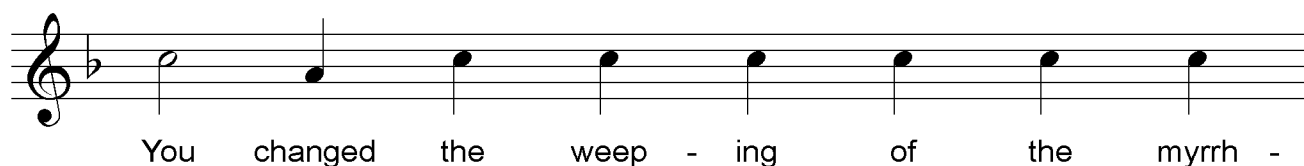
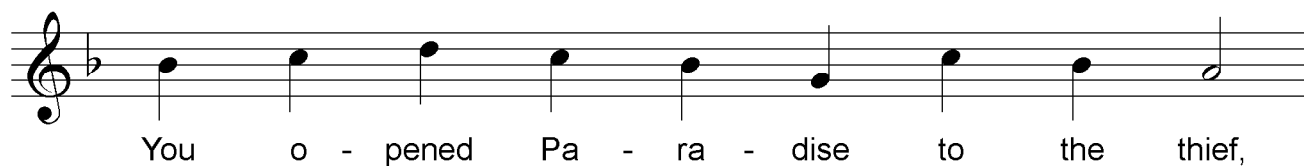
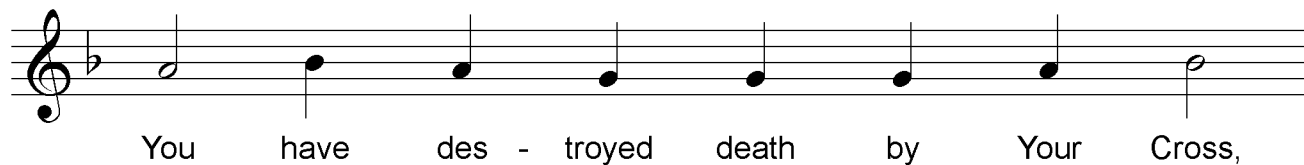
de - liv - er us from our count - less sins

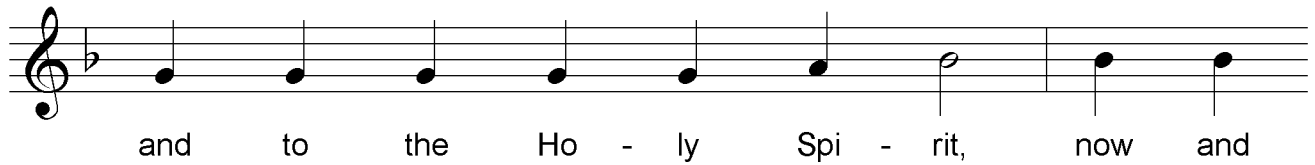


and save us.

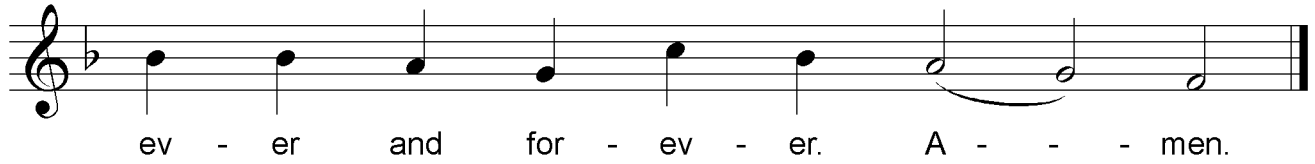
Tropar and Theotokian

Resurrection Tone 7

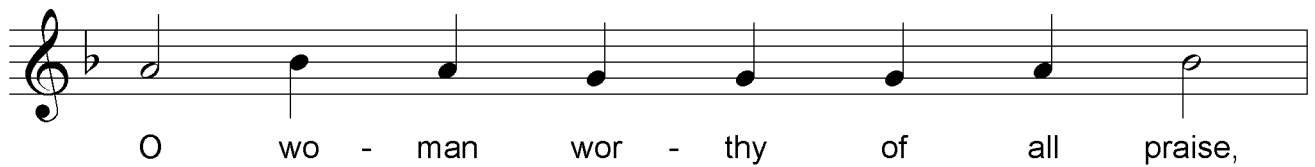




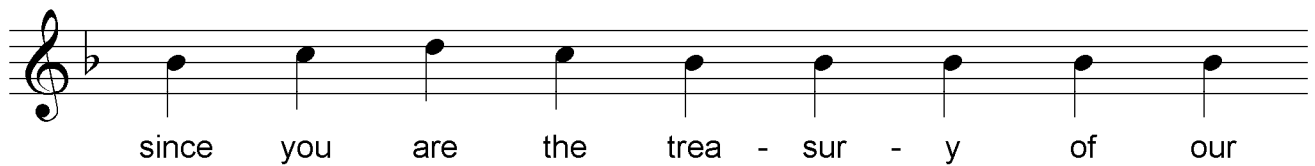
and to the Ho - ly Spi - rit, now and



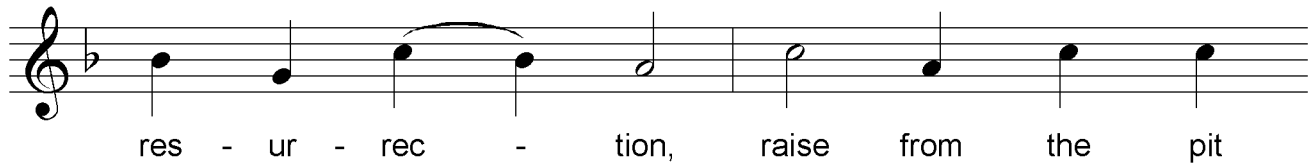
ev - er and for - ev - er. A - - - men.



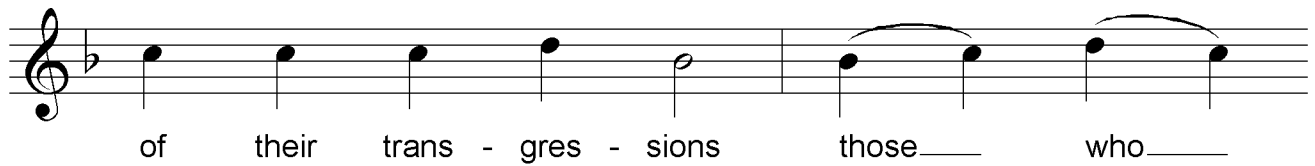
O wo - man wor - thy of all praise,




since you are the trea - sur - y of our



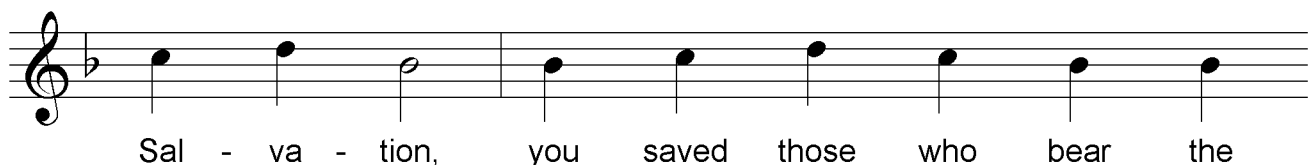
res - ur - rec - tion, raise from the pit



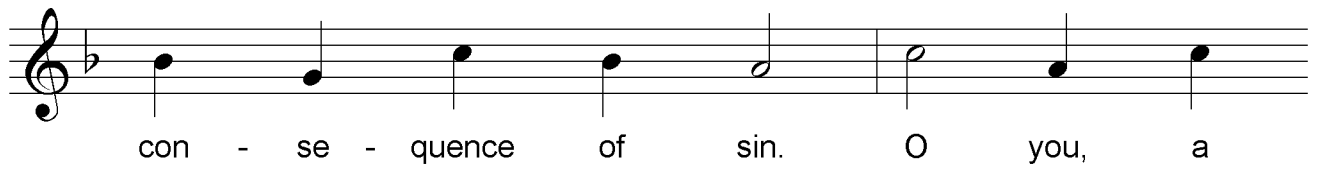
of their trans - gres - sions those who



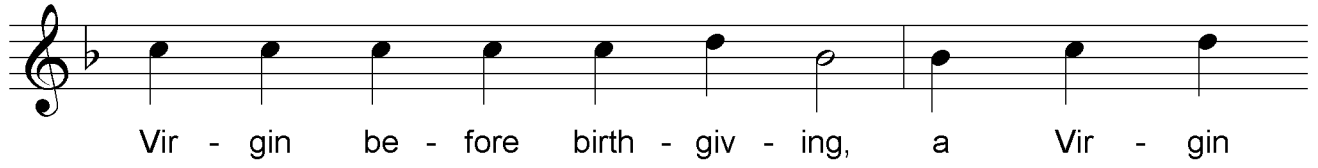
trust in you. By giv - ing birth to



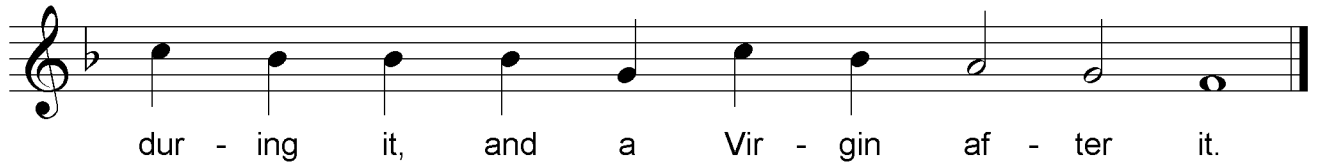
Sal - va - tion, you saved those who bear the



con - se - quence of sin. O you, a



Vir - gin be - fore birth - giv - ing, a Vir - gin



dur - ing it, and a Vir - gin af - ter it.