

TERCE

THIRD HOUR PRAYER (9:00 A.M.)

AT THIS HOUR  
OF THE PENTECOST DAY,  
THE GIFT OF THE HOLY SPIRIT  
RESTED UPON THE HOLY DISCIPLES.

ALSO, AT THIS HOUR  
ON GOOD FRIDAY,  
OUR LORD JESUS CHRIST  
WAS CONDEMNED TO DEATH  
BY PONTIUS PILATE  
AND WAS DELIVERED TO THE JEWS  
TO BE CRUCIFIED (MK. 15:25).

## TERCE

### (THIRD HOUR PRAYER)

*The worshiper prays the Introduction to Every Hour, page 1.*

*Then, the worshiper prays:*

The third hour prayer of this blessed day is offered to Christ my King and God, beseeching Him to forgive my sins.

## PSALM 19

May the Lord answer you in the day of trouble; may the name of the God of Jacob defend you; may He send you help from the sanctuary, and strengthen you out of Zion; may He remember all your offerings, and accept your burnt sacrifice. May He grant you according to your heart's desire, and fulfill all your purpose.

We will rejoice in your salvation, and in the name of our God we will set up our banners! May the Lord fulfill all your petitions. Now I know that the Lord saves His anointed; He will answer him from His holy heaven with the saving strength of His right hand. Some trust in chariots, and some in horses; but we will remember the name of the Lord our God. They have bowed down and fallen; but we have risen and stand upright. Save, Lord! May the King answer us when we call. **Alleluia.**

## PSALM 22

The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever. **Alleluia.**

## PSALM 23

The earth is the Lord's, and all its fullness, the world and those who dwell therein. For He has founded it upon the seas, and established it upon the waters.

Who may ascend into the hill of the Lord? Or who may stand in His holy place? He who has clean hands and a pure heart, who has not lifted up his soul to an idol, nor sworn deceitfully.

He shall receive blessing from the Lord, and righteousness from the God of his salvation. This is Jacob, the generation of those who seek Him, who seek Your face.

Lift up your heads, O you gates! And be lifted up, you everlasting doors! And the King of glory shall come in. Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle. Lift up your heads, O you gates! And lift them up, you everlasting doors! And the King of glory shall come in. Who is this King of glory? The Lord of hosts, He is the King of glory. **Alleluia.**

### **PSALM 25**

Vindicate me, O Lord, For I have walked in my integrity. I have also trusted in the Lord; I shall not slip. Examine me, O Lord, and prove me; try my mind and my heart. For Your lovingkindness is before my eyes, and I have walked in Your truth. I have not sat with idolatrous mortals, nor will I go in with hypocrites. I have hated the congregation of evildoers, and will not sit with the wicked. I will wash my hands in innocence; so I will go about Your altar, O Lord, that I may proclaim with the voice of thanksgiving, and tell of all Your wondrous works. Lord, I have loved the habitation of Your house, and the place where Your glory dwells.

Do not gather my soul together with sinners, nor my life with bloodthirsty men, in whose hands is a sinister scheme, and whose right hand is full of bribes. But as for me, I will walk in my integrity; redeem me and be merciful to me. My foot stands in an even place; in the congregations I will bless the Lord. **Alleluia.**

### **PSALM 28**

Give unto the Lord, O you mighty ones, give unto the Lord glory and strength. Give unto the Lord the glory due to His name; worship the Lord in the beauty of holiness.

The voice of the Lord is over the waters; the God of glory thunders; the Lord is over many waters. The voice of the Lord is powerful; the voice of the Lord is full of majesty. The voice of the Lord breaks the cedars, yes, the Lord splinters the cedars of Lebanon. He makes them also skip like a calf, Lebanon and Sirion like a young wild ox. The voice of the Lord divides the flames of fire. The voice of the Lord shakes the wilderness; the Lord shakes the wilderness of Kadesh. The voice of the Lord makes the deer give birth, and strips the forests bare; and in His temple everyone says, "Glory!" The Lord sat enthroned at the flood, and the Lord sits as King forever. The Lord will give strength to His people; the Lord will bless His people with peace. **Alleluia.**

## PSALM 29

I will extol You, O Lord, for You have lifted me up, and have not let my foes rejoice over me. O Lord my God, I cried out to You, and You have healed me. O Lord, You have brought my soul up from the grave; You have kept me alive, that I should not go down to the pit. Sing praise to the Lord, you saints of His, and give thanks at the remembrance of His holy name. For His anger is but for a moment, His favor is for life; weeping may endure for a night, but joy comes in the morning.

Now in my prosperity I said, "I shall never be moved." Lord, by Your favor You have made my mountain stand strong; You hid Your face, and I was troubled. I cried out to You, O Lord; and to the Lord I made supplication: "What profit is there in my blood, when I go down to the pit? Will the dust praise You? Will it declare Your truth? Hear, O Lord, and have mercy on me; Lord, be my helper!" You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness, to the end that my glory may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever. **Alleluia.**

## PSALM 33

I will bless the Lord at all times; His praise shall continually be in my mouth. My soul shall make its boast in the Lord; the humble shall hear of it and be glad. Oh, magnify the Lord with me, and let us exalt His name together.

I sought the Lord, and He heard me, and delivered me from all my fears. They looked to Him and were radiant, and their faces were not ashamed. This poor man cried out, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encamps all around those who fear Him, and delivers them. Oh, taste and see that the Lord is good; blessed is the man who trusts in Him! Oh, fear the Lord, you His saints! There is no want to those who fear Him. The young lions lack and suffer hunger; but those who seek the Lord shall not lack any good thing.

Come, you children, listen to me; I will teach you the fear of the Lord. Who is the man who desires life, and loves many days, that he may see good? Keep your tongue from evil, and your lips from speaking guile. Depart from evil, and do good; seek peace, and pursue it. The eyes of the Lord are on the righteous, and His ears are open to their cry. The face of the Lord is against those who do evil, to cut off the remembrance of them from the earth. The righteous cry out, and the Lord hears, and delivers them out of all their troubles. The Lord is near to those who have a broken heart, and saves such as have a contrite spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He guards all his bones; not one of them is broken. Evil shall slay the wicked, and those who hate the righteous shall be condemned. The Lord redeems the soul of His servants, and none of those who trust in Him shall be condemned. **Alleluia.**

## PSALM 40

Blessed is he who considers the poor; the Lord will deliver him in time of trouble. The Lord will preserve him and keep him alive, and he will be blessed on the earth; You will not deliver him to the will of his enemies. The Lord will strengthen him on his bed of illness; You will sustain him on his sickbed.

I said, "Lord, be merciful to me; heal my soul, for I have sinned against You." My enemies speak evil of me: "When will he die, and his name perish?" And if he comes to see me, he speaks vain words; his heart gathers iniquity to itself; when he goes out, he tells it. All who hate me whisper together against me; against me they devise my hurt. "An evil disease," they say, "clings to him. And now that he lies down, he will rise up no more." Even my own familiar friend in whom I trusted, who ate my bread, has lifted up his heel against me.

But You, O Lord, be merciful to me, and raise me up, that I may repay them. By this I know that You are well pleased with me, because my enemy does not triumph over me. As for me, You uphold me in my integrity, and set me before Your face forever. Blessed be the Lord God of Israel from everlasting to everlasting! Amen and Amen. **Alleluia.**

## PSALM 42

Vindicate me, O God, and plead my cause against an ungodly nation; oh, deliver me from the deceitful and unjust man! For You are the God of my strength; why do You cast me off? Why do I go mourning because of the oppression of the enemy? Oh, send out Your light and Your truth! Let them lead me; let them bring me to Your holy hill and to Your tabernacle. Then I will go to the altar of God, to God my exceeding joy; and on the harp I will praise You, O God, my God. Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God. **Alleluia.**

## PSALM 44

My heart is overflowing with a good theme; I recite my composition concerning the King; my tongue is the pen of a ready writer.

You are fairer than the sons of men; grace is poured upon Your lips; therefore God has blessed You forever. Gird Your sword upon Your thigh, O Mighty One, with Your glory and Your majesty. And in Your majesty ride prosperously because of truth, humility, and righteousness; and Your right hand shall teach You awesome things. Your arrows are sharp in the heart of the King's enemies; the peoples fall under You.

Your throne, O God, is forever and ever; a scepter of righteousness is the scepter of Your kingdom. You love righteousness and hate wickedness; therefore God, Your God, has anointed You with the oil of gladness more than Your companions. All Your garments are scented with

myrrh and aloes and cassia, out of the ivory palaces, by which they have made You glad. Kings' daughters are among Your honorable women; at Your right hand stands the queen in gold from Ophir.

Listen, O daughter, consider and incline your ear; forget your own people also, and your father's house; so the King will greatly desire your beauty; because He is your Lord, worship Him. And the daughter of Tyre will be there with a gift; the rich among the people will seek your favor. The royal daughter is all glorious within the palace; her clothing is woven with gold. She shall be brought to the King in robes of many colors; the virgins, her companions who follow her, shall be brought to You. With gladness and rejoicing they shall be brought; they shall enter the King's palace. Instead of Your fathers shall be Your sons, whom You shall make princes in all the earth. I will make Your name to be remembered in all generations; therefore the people shall praise You forever and ever. **Alleluia.**

### **PSALM 45**

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth be removed, and though the mountains be carried into the midst of the sea; though its waters roar and be troubled, though the mountains shake with its swelling.

There is a river whose streams shall make glad the city of God, the holy place of the tabernacle of the Most High. God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn. The nations raged, the kingdoms were moved; He uttered His voice, the earth melted. The Lord of hosts is with us; the God of Jacob is our refuge.

Come, behold the works of the Lord, who has made desolations in the earth. He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire. Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! The Lord of hosts is with us; the God of Jacob is our refuge. **Alleluia.**

### **PSALM 46**

Oh, clap your hands, all you peoples! Shout to God with the voice of triumph! For the Lord Most High is awesome; He is a great King over all the earth. He will subdue the peoples under us, and the nations under our feet. He will choose our inheritance for us, the excellence of Jacob whom He loves.

God has gone up with a shout, the Lord with the sound of a trumpet. Sing praises to God, sing praises! Sing praises to our King, sing praises! For God is the King of all the earth; sing praises with understanding. God reigns over the nations; God sits on His holy throne. The princes of the people have gathered together, the people of the God of Abraham. For the shields of the earth belong to God; He is greatly exalted. **Alleluia.**

**THE HOLY GOSPEL  
ACCORDING TO ST. JOHN (14:26-15:4)**

"But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. You have heard Me say to you, 'I am going away and coming back to you.' If you loved Me, you would rejoice because I said, 'I am going to the Father,' for My Father is greater than I. And now I have told you before it comes, that when it does come to pass, you may believe. I will no longer talk much with you, for the ruler of this world is coming, and he has nothing in Me. But that the world may know that I love the Father, and as the Father gave Me commandment, so I do. Arise, let us go from here.

I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. You are already clean because of the word which I have spoken to you. Abide in Me and I in you"

**Glory be to God forever. Amen.**

**THE LITANY**

**(1)** Your Holy Spirit, O Lord, whom You had sent forth upon Your holy disciples and honorable apostles at the third hour,<sup>1</sup> we ask You our Good Lord, not to take Him away from us,<sup>2</sup> but rather to renew Him within us! A pure heart create in me, O God, and a steadfast spirit renew within me!<sup>3</sup> Do not cast me away from Your presence and do not take Your Holy Spirit from me!<sup>4</sup>

**"Thoxa Patri Kai Eiyon Kai Agio Epnevmati." (*Glory be to the Father and to the Son and to the Holy Spirit.*)**

**(2)** O Lord, who sent Your Holy Spirit upon Your Holy disciples and honorable apostles at the third hour, do not take Him away from us, O Good One; but we ask You our Lord Jesus Christ, the Logos,<sup>5</sup> Son of God, to renew Him within us: the Spirit of uprightness<sup>6</sup> and life-giving, the

---

<sup>1</sup>Acts (2:1-4,15)

<sup>2</sup>Ps. (51:11)

<sup>3</sup>Ps. (51:10)

<sup>4</sup>Ps. (51:11)

<sup>5</sup>the Word of God, John (1:1)

<sup>6</sup>Ps. (143:10)

Spirit of prophecy and chastity,<sup>7</sup> the Spirit of holiness, justice and authority.<sup>8</sup> Our almighty God, the light of our souls illuminating every person who comes into this world, have mercy upon us.

**"Ke-nin Kai A-ee Kai Istos E-onaston E-onon. Amen."** (*Now and forever and unto the ages of all ages, Amen.*)

(3) O Theotokos, Mother of God, you are the true vine who carries Christ, the Fruit of life, we ask you, O full of grace, together with the apostles, to intercede for the sake of our salvation. Blessed be the Lord our God whom we praise every day; He prepares our way for He is the God of our salvation.

**"Ke-nin Kai A-ee Kai Istos E-onaston E-onon. Amen."** (*Now and forever and unto the ages of all ages, Amen.*)

(4) O Heavenly King, the Comforter,<sup>9</sup> the Spirit of Truth, who is present everywhere and fills all; You are the treasure of goodness and the Life-Giver, graciously come and abide in us, O Good One, purify us of all iniquities and save our souls.

**"Thoxa Patri Kai Eiyon Kai Agio Epnevmati."** (*Glory be to the Father and to the Son and to the Holy Spirit.*)

(5) Just as You did abide with Your disciples, O Savior, and gave them peace,<sup>10</sup> come also now, abide with us and give us Your peace, save us and deliver our souls.

**"Ke-nin Kai A-ee Kai Istos E-onaston E-onon. Amen."** (*Now and forever and unto the ages of all ages, Amen.*)

(6) Whenever we stand in Your holy sanctuary, we are indeed considered as those who abide in heaven, O Mother of God. You are the gate of heaven, open for us the door of mercy.

*Then, the worshiper prays:*

- KYRIE ELEISON (Lord have mercy - 41 times)
- Holy Holy Holy page 28
- Our Father, who art in heaven... page 1

---

<sup>7</sup>self-control, e.g. 1 Pet. (3:2); 2 Pet. (1:6)

<sup>8</sup>Luke (10:19)

<sup>9</sup>John (14:26)

<sup>10</sup>John (14:27)

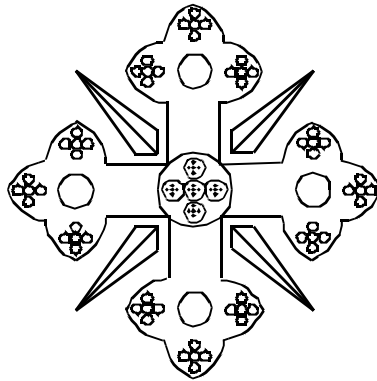


## THE ABSOLUTION

O compassionate God, Lord of all comfort, who consoled us at all times with Your Holy Spirit; we thank You for raising us to prayer at this holy hour in which You abundantly poured Your Holy Spirit like tongues of fire upon Your holy disciples and blessed apostles.

We pray and entreat Your goodness, O lover of mankind, to accept our prayers, forgive our sins and grant us the grace of Your Holy Spirit. Purify our bodies and spirits of all iniquities and lead us into a spiritual life so that we may walk according to the Spirit<sup>11</sup> and do not fulfill the lusts of the flesh.<sup>12</sup> Make us worthy to serve You with purity and righteousness, all the days of our lives; for due unto You is glory, honor and power, with Your good Father and the Holy Spirit, now and at all times and unto the end of all ages! **Amen.**

*Then the worshiper prays the Concluding Prayer of Every Hour, page 30.*



---

<sup>11</sup>Rom. (8:1)

<sup>12</sup>Gal. (5:16)