

SEXT

SIXTH HOUR PRAYER (NOON)

**AT THIS HOUR,
OUR LORD, GOD AND SAVIOR
JESUS CHRIST,
WAS CRUCIFIED AT GOLGOTHA,
FOR OUR SALVATION
AND THE REMISSION OF OUR SINS.**

AMEN

SEXT

(SIXTH HOUR PRAYER)

The worshiper prays the Introduction of Every Hour, page1.

Then, the worshiper says:

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

PSALM 53

Save me, O God, by Your name, and vindicate me by Your strength. Hear my prayer, O God; give ear to the words of my mouth. For strangers have risen up against me, and oppressors have sought after my life; they have not set God before them. Behold, God is my helper; the Lord is with those who uphold my life. He will repay my enemies for their evil. Cut them off in Your truth. I will freely sacrifice to You; I will praise Your name, O Lord, for it is good. For He has delivered me out of all trouble; and my eye has seen its desire upon my enemies. **Alleluia.**

PSALM 56

Be merciful to me, O God, be merciful to me! For my soul trusts in You; and in the shadow of Your wings I will make my refuge, until these calamities have passed by. I will cry out to God Most High, to God who performs all things for me. He shall send from heaven and save me; He reproaches the one who would swallow me up. God shall send forth His mercy and His truth. My soul is among lions; I lie among the sons of men who are set on fire, whose teeth are spears and arrows, and their tongue a sharp sword. Be exalted, O God, above the heavens; let Your glory be above all the earth. They have prepared a net for my steps; my soul is bowed down; they have dug a pit before me; into the midst of it they themselves have fallen.

My heart is steadfast, O God, my heart is steadfast; I will sing and give praise. Awake, my glory! Awake, lute and harp! I will awaken the dawn. I will praise You, O Lord, among the peoples; I will sing to You among the nations. For Your mercy reaches unto the heavens, and Your truth unto the clouds. Be exalted, O God, above the heavens; let Your glory be above all the earth. **Alleluia.**

PSALM 60

Hear my cry, O God; attend to my prayer. From the end of the earth I will cry to You, when my heart is overwhelmed; lead me to the rock that is higher than I. For You have been a shelter for me, and a strong tower from the enemy. I will abide in Your tabernacle forever; I will trust in

the shelter of Your wings. For You, O God, have heard my vows; You have given me the heritage of those who fear Your name. You will prolong the king's life, His years as many generations. He shall abide before God forever. Oh, prepare mercy and truth, which may preserve him! So I will sing praise to Your name forever, that I may daily perform my vows. **Alleluia.**

PSALM 62

O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water. So I have looked for You in the sanctuary, to see Your power and Your glory. Because Your lovingkindness is better than life, my lips shall praise You. Thus I will bless You while I live; I will lift up my hands in Your name. My soul shall be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips. When I remember You on my bed, I meditate on You in the night watches. Because You have been my help, therefore in the shadow of Your wings I will rejoice.

My soul follows close behind You; Your right hand upholds me. But those who seek my life, to destroy it, shall go into the lower parts of the earth. They shall fall by the sword; they shall be a portion for jackals. But the king shall rejoice in God; everyone who swears by Him shall glory; but the mouth of those who speak lies shall be stopped. **Alleluia.**

PSALM 66

God be merciful to us and bless us, and cause His face to shine upon us. That Your way may be known on earth, Your salvation among all nations. Let the peoples praise You, O God; let all the peoples praise You. Oh, let the nations be glad and sing for joy! For You shall judge the people righteously, and govern the nations on earth. Let the peoples praise You, O God; let all the peoples praise You. Then the earth shall yield her increase; God, our own God, shall bless us. God shall bless us, and all the ends of the earth shall fear Him. **Alleluia.**

PSALM 69

Make haste, O God, to deliver me! Make haste to help me, O Lord! Let them be ashamed and confounded who seek my life; let them be turned back and confused who desire my hurt. Let them be turned back because of their shame, who say, "Aha, aha!" Let all those who seek You rejoice and be glad in You; and let those who love Your salvation say continually, "Let God be magnified!" But I am poor and needy; make haste to me, O God! You are my help and my deliverer; O Lord, do not delay. **Alleluia.**

PSALM 83

How lovely is Your tabernacle, O Lord of hosts! My soul longs, yes, even faints for the courts of the Lord; my heart and my flesh cry out for the living God. Even the sparrow has found a home, and the swallow a nest for herself, where she may lay her young; even Your altars, O Lord of hosts, my King and my God. Blessed are those who dwell in Your house; they will still be praising You.

Blessed is the man whose strength is in You, whose heart is set on pilgrimage. As they pass through the Valley of Baca, they make it a spring; the rain also covers it with pools. They go from strength to strength; every one of them appears before God in Zion.

O Lord God of hosts, hear my prayer; give ear, O God of Jacob! O God, behold our shield, and look upon the face of Your anointed. For a day in Your courts is better than a thousand. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness. For the Lord God is a sun and shield; the Lord will give grace and glory; no good thing will He withhold from those who walk uprightly. O Lord of hosts, blessed is the man who trusts in You! **Alleluia.**

PSALM 84

Lord, You have been favorable to Your land; You have brought back the captivity of Jacob. You have forgiven the iniquity of Your people; You have covered all their sin. You have taken away all Your wrath; You have turned from the fierceness of Your anger. Restore us, O God of our salvation, and cause Your anger toward us to cease. Will You be angry with us forever? Will You prolong Your anger to all generations? Will You not revive us again, that Your people may rejoice in You? Show us Your mercy, O Lord, and grant us Your salvation.

I will hear what God the Lord will speak, for He will speak peace to His people and to His saints; but let them not turn back to folly. Surely His salvation is near to those who fear Him, that glory may dwell in our land. Mercy and truth have met together; righteousness and peace have kissed each other. Truth shall spring out of the earth, and righteousness shall look down from heaven. Yes, the Lord will give what is good; and our land will yield its increase. Righteousness will go before Him, and shall make His footsteps our pathway. **Alleluia.**

PSALM 85

Bow down Your ear, O Lord, hear me; for I am poor and needy. Preserve my life, for I am holy; You are my God; save Your servant who trusts in You! Be merciful to me, O Lord, for I cry to You all day long. Rejoice the soul of Your servant, for to You, O Lord, I lift up my soul. For You, Lord, are good, and ready to forgive, and abundant in mercy to all those who call upon You.

Give ear, O Lord, to my prayer; and attend to the voice of my supplications. In the day of my

trouble I will call upon You, for You will answer me. Among the gods there is none like You, O Lord; nor are there any works like Your works. All nations whom You have made shall come and worship before You, O Lord, and shall glorify Your name. For You are great, and do wondrous things; You alone are God.

Teach me Your way, O Lord; I will walk in Your truth; unite my heart to fear Your name. I will praise You, O Lord my God, with all my heart, and I will glorify Your name forevermore. For great is Your mercy toward me, and You have delivered my soul from the depths of Sheol.

O God, the proud have risen against me, and a mob of violent men have sought my life, and have not set You before them. But You, O Lord, are a God full of compassion, and gracious, longsuffering and abundant in mercy and truth. Oh, turn to me, and have mercy on me! Give Your strength to Your servant, and save the son of Your maidservant. Show me a sign for good, that those who hate me may see it and be ashamed, because You, Lord, have helped me and comforted me. **Alleluia.**

PSALM 86

His foundation is in the holy mountains. The Lord loves the gates of Zion more than all the dwellings of Jacob. Glorious things are spoken of you, O city of God!

"I will make mention of Rahab and Babylon to those who know Me; behold, O Philistia and Tyre, with Ethiopia: 'This one was born there.' " And of Zion it will be said, "This one and that one were born in her; and the Most High Himself shall establish her." The Lord will record, when He registers the peoples: "This one was born there." Both the singers and the players on instruments say, "All my springs are in you." **Alleluia.**

PSALM 90

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress; my God, in Him I will trust." Surely He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, nor of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you. Only with your eyes shall you look, and see the reward of the wicked.

Because you have made the Lord, who is my refuge, even the Most High, your habitation, no evil shall befall you, nor shall any plague come near your dwelling; for He shall give His angels charge over you, to keep you in all your ways. They shall bear you up in their hands, lest you dash your foot against a stone. You shall tread upon the lion and the cobra, the young lion and

the serpent you shall trample under foot. Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him, and show him My salvation. **Alleluia.**

PSALM 92

The Lord reigns, He is clothed with majesty; the Lord is clothed, He has girded Himself with strength. Surely the world is established, so that it cannot be moved. Your throne is established from of old; You are from everlasting. The floods have lifted up, O Lord, the floods have lifted up their voice; the floods lift up their waves. The Lord on high is mightier than the noise of many waters, than the mighty waves of the sea. Your testimonies are very sure; holiness adorns Your house, O Lord, forever. **Alleluia.**

THE HOLY GOSPEL ACCORDING TO ST. MATTHEW (5:1-16)

And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. Then He opened His mouth and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be filled. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled under foot by men. You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven."

Glory be to God forever. Amen.

THE LITANY

(1) O Lord who on the sixth day¹ and at the sixth hour,² were nailed to the cross on account of the sin³ that our father Adam dared to commit in Paradise;⁴ wipe out the handwriting of our sins,⁵ O Christ our God and save us.

I cried out unto God and the Lord heard me.⁶ O Lord, answer my prayer and do not dismiss my supplication. Attend to me and hear me in the evening, in the morning, and at mid-day. I will plead with the Lord and He will hear my voice and peacefully save my soul.

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

(2) O Jesus Christ, our God, who was nailed to the cross at the sixth hour, You have put away sin by Your cross;⁷ and through Your death You revived man who was dead by sin, whom You had created with Your own hands.

O Lord, put to death⁸ our sinful passions⁹ by Your healing and life-giving Passion. And through the nails of Your crucifixion, rescue our minds from all foolishness of earthly deeds and desires, to the remembrance of Your heavenly commandments, according to Your great compassion!

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

(3) Since we have no favor, excuse, nor justification, because of our many sins, O Theotokos, the Mother of God, we plead through you to Him who was born of you, for your intercession is abundant, powerful, and acceptable to our Savior.¹⁰ O pure Mother, do not exclude us, sinners, from your intercession with Him who was born of you; for He is merciful and able to save us, because He suffered for our sake in order to deliver us.

O Lord, let Your compassion reach us¹¹ quickly, for we sincerely humbled ourselves. Help us, O God our Savior, for the sake of Your glorious name. O Lord, deliver us and forgive us our sins,

¹John (12:1)

²John (19:14,16)

³Rom. (8:3)

⁴Rom. (5:12,18)

⁵1 Col. (2:14)

⁶Ps. (55:2)

⁷Heb. (10:26)

⁸Rom. (10:26)

⁹The "passions of the soul" is a patristic expression denoting the roots of sin, or the inherent inward tendencies and sinful desires in our old nature to transgress and disobey God's laws in different forms.

¹⁰see John (2:1-11), as an example of her powerful intercession

¹¹come upon us, see Deut. (28:45)

for the sake of Your holy name.¹²

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

(4) You wrought¹³ salvation in the midst of the whole world, O Christ our Lord, when You stretched out Your holy arms on the cross. Therefore, all nations cry out saying: "Glory be to You, O Lord!"

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

(5) We worship Your incorruptible person, O good Lord, asking for the forgiveness of our sins, O Christ our God; for of Your own will You were pleased to be lifted up¹⁴ on the cross to deliver those whom You created from the bondage of the enemy. We cry out unto You and give thanks to You, O Savior, for You have filled everyone with joy when You came to save the world. O Lord glory be to You.

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

(6) You are full of grace O Theotokos, the Mother of God, the holy virgin. We magnify you for through the cross of your Son, Hades was cast down,¹⁵ and Death was abolished! Assuredly, we were dead before, but now we are raised and made worthy to inherit eternal life and to attain the joy of Paradise. Therefore, we thankfully glorify the immortal Christ our God.

Then, the worshiper prays:

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

¹²Ps. (79:8-9)

¹³made, performed with cleverness, brought about.

¹⁴John (12:32)

¹⁵Rev. (20:14)

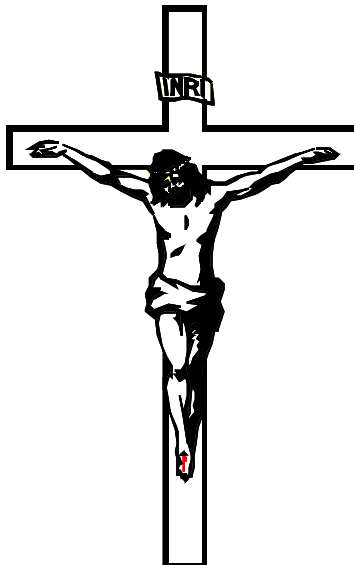
THE ABSOLUTION

We thank You, our King, the Pantocrator,¹⁶ the Father of our Lord, God and Savior, Jesus Christ, and glorify You, for You have made the hour of the Passion of Your Only-Begotten Son, a time of prayer and comfort!

Lord accept our supplication and wipe out the handwriting of our sins,¹⁷ that was held against us, even as You had destroyed it, at this holy hour, by the cross of Your Only-Begotten Son, Jesus Christ our Lord, and Savior of our souls, through whom You demolished all the power of the enemy!

Grant us, O God, a pleasant time, a blameless conduct, and a peaceful life so that we may please Your holy and worshiped name; and that we may be able to stand without falling into condemnation, before the fearful and righteous seat of judgment of Your Only-Begotten Son, Jesus Christ our Lord; and that we may, together with all the saints, glorify You, the Father who is without a beginning, and the Son who is of one essence with You, and the Holy Spirit the Life-Giver;¹⁸ now and forever and unto the ages of all ages. **Amen.**

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



¹⁶the One who has full and absolute control over everything in the Universe.

¹⁷1 Col. (2:14)

¹⁸1 Cor. (15:45)