

Orthodox Liturgical Texts · 东正教礼仪文本

Ὁρθρος *Matins*



Matins

Greek · English

Revision · 修订 2026-09-21

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Sources and contents · 资料与目录

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译者：Ephrem Yuan、Photini · 修订：2026-09-21

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ΕΛΛΗΝΙΚΑ	ENGLISH
ΟΡΘΡΟΣ	MATINS
Ἀρχὴ τοῦ Ὁρθρου	Beginning of Matins
ΙΕΡΕΥΣ	PRIEST
Εὐλογητὸς ὁ Θεὸς ἡμῶν πάντοτε, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	Blessed is our God always, now and ever and to the ages of ages.
ΑΝΑΓΝΩΣΤΗΣ: Ἀμήν.	READER: Amen.
ΙΕΡΕΥΣ	PRIEST
Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.	Glory to You, our God, glory to You.
Βασιλεῦ οὐράνιε, Παράκλητε, τὸ Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ παρὼν καὶ τὰ πάντα πληρῶν, ὁ θησαυρὸς τῶν ἀγαθῶν καὶ ζωῆς χορηγός, ἐλθε καὶ σκῆνωσον ἐν ἡμῖν καὶ καθάρισον ἡμᾶς ἀπὸ πάσης κηλίδος καὶ σῶσον, Ἀγαθέ, τὰς ψυχὰς ἡμῶν.	Heavenly King, Comforter, Spirit of Truth, present in all places and filling all things, treasury of good things and giver of life: come; take Your abode in us; cleanse us of every stain, and save our souls, O Good one.
ΑΝΑΓΝΩΣΤΗΣ: Ἀμήν.	READER: Amen.
Τρισάγιον.	Trisagion Prayers.
Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (3)	Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)
Δόξα Πατρὶ καὶ Υἱῷ καὶ ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.	Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.
Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἐνεκεν τοῦ ὀνόματός σου.	All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Your name's sake.
Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.	Lord, have mercy. Lord, have mercy. Lord, have mercy.
Δόξα Πατρὶ καὶ Υἱῷ καὶ ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.	Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.
Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἀγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλόμενα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥύσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.	Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.
ΙΕΡΕΥΣ	PRIEST
Ὅτι σοῦ ἐστιν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	For Thine is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and ever and to ages of ages.
ΑΝΑΓΝΩΣΤΗΣ: Ἀμήν.	READER: Amen.
Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.	Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.
Δόξα Πατρὶ καὶ Υἱῷ καὶ ἁγίῳ Πνεύματι.	Glory to the Father and the Son and the Holy Spirit.

Ὁ ὑψωθείς ἐν τῷ Σταυρῷ ἐκουσίως, τῇ ἐπωνύμῳ σου καινῇ πολιτείᾳ τοὺς οἰκτιρμούς σου δώρησαι, Χριστὲ ὁ Θεός· εὐφρανὸν ἐν τῇ δυνάμει σου τοὺς πιστοὺς βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ τῶν πολεμίων· τὴν συμμαχίαν ἔχοιεν τὴν σὴν, ὅπλον εἰρήνης, ἀήττητον τρόπαιον.	You who were lifted on the cross voluntarily, * O Christ our God, bestow Your tender compassions * upon Your new community to which You gave Your name. * Cause our faithful emperors to be glad in Your power, * granting them the victories against their adversaries. * And for an ally, Lord, may they have You, * peace as their armor, the trophy invincible.
Καὶ νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.	Both now and ever and to the ages of ages. Amen.
Προστασία φοβερὰ καὶ ἀκαταίσχυντε, μὴ παρίδῃς, Ἀγαθή, τὰς ἱκεσίας ἡμῶν, πανύμνητε Θεοτόκε· στήριξον Ὁρθοδόξων πολιτεῖαν, σῶζε σὺς ἐκέλευσας βασιλεύειν, καὶ χορήγει αὐτοῖς οὐρανόθεν τὴν νίκην· διότι ἔτεκες τὸν Θεόν, μόνη εὐλογημένη.	O awesome and unshamable Protection, O good and praiseworthy Theotokos, do not despise our petitions; make firm the community of the Orthodox; save those whom you have called to rule; grant them victory from heaven, for you gave birth to God and are truly blessed.
ΙΕΡΕΥΣ	PRIEST
Ἐλέησον ἡμᾶς, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, δεόμεθά σου, ἐπάκουσον καὶ ἐλέησον.	Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.
ΧΟΡΟΣ	CHOIR
Κύριε, ἐλέησον. (3)	Lord, have mercy. (3)
ΙΕΡΕΥΣ	PRIEST
*Ετι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν.	Again we pray for pious and Orthodox Christians.
ΧΟΡΟΣ	CHOIR
Κύριε, ἐλέησον. (3)	Lord, have mercy. (3)
ΙΕΡΕΥΣ	PRIEST
*Ετι δεόμεθα ὑπὲρ (δείνος).	Again we pray for (name).
ΧΟΡΟΣ	CHOIR
Κύριε, ἐλέησον. (3)	Lord, have mercy. (3)
ΙΕΡΕΥΣ	PRIEST
*Ὅτι ἐλήμην καὶ φιλόανθρωπος Θεὸς ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	For You are merciful and benevolent God, and to You we offer up glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.
ΧΟΡΟΣ	CHOIR
Ἀμήν. Ἐν ὀνόματι Κυρίου εὐλόγησον, πάτερ.	Amen. In the name of the Lord, Father, bless!
ΙΕΡΕΥΣ	PRIEST
Δόξα τῇ ἁγίᾳ καὶ ὁμοουσίῳ καὶ ζωοποιῷ καὶ ἀδιαιρέτῳ Τριάδι πάντοτε, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	Glory to the holy and consubstantial and life-creating and undivided Trinity always, now and ever and to the ages of ages.
ΧΟΡΟΣ: Ἀμήν.	CHOIR: Amen.
Εἴτα ὁ Προεστὼς ἢ ὁ Ἀναγνώστης ἀναγινώσκει εὐκρινῶς τὸν Ἑξάψαλμον, ἀκροωμένων πάντων ἐν σιωπῇ καὶ κατανύξει.	Then the appointed READER reverently reads the Six Psalms. The congregation should remain standing during this reading.
Ὁ λαὸς ἵσταται διὰ τὴν ἀνάγνωσιν τοῦ Ἑξάψαλμου.	Stand for the reading of the Six Psalms.
ΤΑ ΕΙΡΗΝΙΚΑ	THE PEACE LITANY

ΔΙΑΚΟΝΟΣ	DEACON
Ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.	In peace let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Ἵπὲρ τῆς ἄνωθεν εἰρήνης καὶ τῆς σωτηρίας τῶν ψυχῶν ἡμῶν τοῦ Κυρίου δεηθῶμεν.	For the peace from above and for the salvation of our souls, let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Ἵπὲρ τῆς εἰρήνης τοῦ σύμπαντος κόσμου, εὐσταθείας τῶν ἁγίων τοῦ Θεοῦ Ἐκκλησιῶν καὶ τῆς τῶν πάντων ἐνώσεως τοῦ Κυρίου δεηθῶμεν.	For the peace of the whole world, for the stability of the holy churches of God, and for the unity of all, let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Ἵπὲρ τοῦ ἁγίου οἴκου τούτου καὶ τῶν μετὰ πίστεως, εὐλαβείας καὶ φόβου Θεοῦ εἰσιόντων ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.	For this holy house and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Ἵπὲρ τῶν εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν τοῦ Κυρίου δεηθῶμεν.	For pious and Orthodox Christians, let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Ἵπὲρ τοῦ Ἀρχιεπισκόπου ἡμῶν (δεῖνος), τοῦ τιμίου πρεσβυτερίου, τῆς ἐν Χριστῷ διακονίας, παντὸς τοῦ κλήρου καὶ τοῦ λαοῦ τοῦ Κυρίου δεηθῶμεν.	For our Archbishop (name), for the honorable presbyterate, for the diaconate in Christ, and for all the clergy and the people, let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Ἵπὲρ τοῦ εὐσεβοῦς ἡμῶν γένους, τοῦ Προέδρου, πάσης ἀρχῆς καὶ ἐξουσίας ἐν τῷ κράτει ἡμῶν, καὶ τοῦ κατὰ ξηράν, θάλασσαν, καὶ ἀέρα φιλοχρίστου ἡμῶν στρατοῦ, τοῦ Κυρίου δεηθῶμεν.	For our country, the president, all those in public service, and for our armed forces everywhere, let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Ἵπὲρ τῆς Ἁγίας τοῦ Χριστοῦ Μεγάλης Ἐκκλησίας Κωνσταντινουπόλεως, τῆς Ἱερᾶς ἡμῶν Ἀρχιεπισκοπῆς, [τῆς Ἁγίας Μητροπόλεως ταύτης,] τῆς πόλεως καὶ κοινότητος ταύτης, πάσης πόλεως, χώρας καὶ τῶν πίστει οἰκούντων ἐν αὐταῖς, τοῦ Κυρίου δεηθῶμεν.	For the Holy and Great Church of Christ of Constantinople, for our Sacred Archdiocese, [for this Holy Metropolis,] for this city and parish, for every city and land, and for the faithful who live in them, let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Ἵπὲρ εὐκρασίας ἀέρων, εὐφορίας τῶν καρπῶν τῆς γῆς καὶ καιρῶν εἰρηνικῶν τοῦ Κυρίου δεηθῶμεν.	For favorable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON

Ἵπὲρ πλεόντων, ὁδοιπορούντων, νοσούντων, καμνόντων, αἰχμαλώτων καὶ τῆς σωτηρίας αὐτῶν τοῦ Κυρίου δεηθῶμεν.	For those who travel by land, sea, and air, for the sick, the suffering, the captives and for their salvation, let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Ἵπὲρ τοῦ ῥυσθῆναι ἡμᾶς ἀπὸ πάσης θλίψεως, ὀργῆς, κινδύνου καὶ ἀνάγκης, τοῦ Κυρίου δεηθῶμεν.	For our deliverance from all affliction, wrath, danger, and distress, let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Ἀντιλαβοῦ, σώσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῇ χάριτι.	Help us, save us, have mercy on us, and protect us, O God, by Your grace.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Τῆς παναγίας, ἀχράντου, ὑπερευλογημένης, ἐνδόξου, δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.	Remembering our all-holy, immaculate, most blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.
ΧΟΡΟΣ: Σοί, Κύριε.	CHOIR: To You, O Lord.
ΙΕΡΕΥΣ	PRIEST
Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	For to You belong all glory, honor, and worship, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.
ΧΟΡΟΣ: Ἀμήν.	CHOIR: Amen.
ΔΙΑΚΟΝΟΣ	DEACON
Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.	Again and again in peace let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Ἀντιλαβοῦ, σώσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῇ χάριτι.	Help us, save us, have mercy on us, and protect us, O God, by Your grace.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Τῆς παναγίας, ἀχράντου, ὑπερευλογημένης, ἐνδόξου, δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.	Remembering our all-holy, immaculate, most blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.
ΧΟΡΟΣ: Σοί, Κύριε.	CHOIR: To You, O Lord.
ΙΕΡΕΥΣ	PRIEST
Ὅτι σὸν τὸ κράτος καὶ σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα, τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	For Yours is the dominion, and Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.
ΧΟΡΟΣ: Ἀμήν.	CHOIR: Amen.
Κάθισμα Α'.	Kathisma I

Κάθισμα Β'.	Kathisma II.
	Kathisma III.
Κάθισμα Γ'.	
Ψαλμός Ν' (50).	Psalms 50 (51).
Συναξάριον	Synaxarion
ΧΟΡΟΣ	CHOIR
Ὡδή θ'. Ὁ Εἰρμός. Ἦχος δ'.	Ode ix. Heirmos. Mode 4.
	Χείρας ἐκπετάσας Δανιήλ.
Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.	We praise and we bless and we worship the Lord.
Χεῖρας ἐκπετάσας Δανιήλ, λεόντων χάσματα, ἐν λάκκῳ ἔφραξε· πυρὸς δὲ δύναιμιν ἔσβεσαν, ἀρετὴν περιζωσάμενοι, οἱ εὐσεβείας ἐρασταί, παῖδες κραυγάζοντες· Εὐλογεῖτε, πάντα τὰ ἔργα Κυρίου τὸν Κύριον.	Daniel shut the lions' gaping mouths inside the den of old, by stretching out his hands. * The three young men overcame the force * of the furnace fire, having girt * themselves in virtue, for they loved * godliness, and were together singing, * "Bless the Lord and praise Him, all you works of the Lord." [SD]
Ὁ λαὸς ἵσταται διὰ τὴν Θ' Ὡδήν.	Stand for the singing of Ode ix.
ΔΙΑΚΟΝΟΣ	DEACON
Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.	Let us honor and magnify in song the Theotokos and the Mother of the light.
ΧΟΡΟΣ	CHOIR
Ὡδή θ'.	Ode ix.
Μεγαλυνάριον. Ἦχος δ'.	The Magnificat. Mode 4.
Στίχ. Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον, καὶ ἠγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτήρί μου.	Verse: My soul magnifies the Lord, and my spirit has rejoiced in God my Savior. [NKJV]
Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνωμεν.	Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [GOASD]
Στίχ. Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπείνωσιν τῆς δούλης αὐτοῦ· ἰδοὺ γάρ, ἀπὸ τοῦ νῦν μακαριοῦσί με πᾶσαι αἱ γενεαί.	Verse: For He has regarded the lowly state of His maidservant; for behold, henceforth all generations will call me blessed. [NKJV]

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἑνδοξοτέραν, ἄσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.	Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.[GOASD]
Στίχ. Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ τὸ ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεὰν τοῖς φοβουμένοις αὐτόν.	Verse: For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.[NKJV]
Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἑνδοξοτέραν, ἄσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.	Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.[GOASD]
Στίχ. Ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, διεσκόρπισεν ὑπερηφάνους διανοίᾳ καρδίας αὐτῶν.	Verse: He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.[NKJV]
Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἑνδοξοτέραν, ἄσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.	Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.[GOASD]
Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων, καὶ ὕψωσε ταπεινούς, πεινῶντας ἐνέπλησεν ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε κενούς.	Verse: He has put down the mighty from their thrones, and exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty.[NKJV]
Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἑνδοξοτέραν, ἄσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.	Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.[GOASD]
Στίχ. Ἀντελάβετο Ἰσραὴλ παιδὸς αὐτοῦ, μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς Πατέρας ἡμῶν, τῷ Ἀβραάμ, καὶ τῷ σπέρματι αὐτοῦ ἕως αἰῶνος.	Verse: He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his seed forever.[NKJV]
Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἑνδοξοτέραν, ἄσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.	Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.[GOASD]
ΙΕΡΕΥΣ	PRIEST
Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθώμεν.	Again and again in peace let us pray to the Lord.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΙΕΡΕΥΣ	PRIEST
Ἀντιλαβοῦ, σώσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῇ χάριτι.	Help us, save us, have mercy on us, and protect us, O God, by Your grace.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΙΕΡΕΥΣ	PRIEST
Τῆς παναγίας, ἀχράντου, ὑπερευλογημένης, ἐνδόξου, δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.	Remembering our all-holy, immaculate, most blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.
ΧΟΡΟΣ: Σοί, Κύριε.	CHOIR: To You, O Lord.
ΙΕΡΕΥΣ	PRIEST

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	For all the powers of heaven praise You, and to You they offer up glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.
ΧΟΡΟΣ: Ἀμήν.	CHOIR: Amen.
ΑΝΑΓΝΩΣΤΗΣ	READER
Οἱ Αἱνοί. (διαβαστά)	Lauds. (read)
Ψαλμὸς PMH' (148).	Psalm 148.
Ψαλμὸς PMΘ' (149).	Psalm 149.
Ψαλμὸς PN' (150).	Psalm 150.
Ὁ λαὸς ἵσταται διὰ τὴν ἀνάγνωσιν τῆς Δοξολογίας.	Stand for the reading of the Doxology.
ΑΝΑΓΝΩΣΤΗΣ	HIERARCH or READER
Δοξολογία (διαβαστά)	Doxology (read)
Σοὶ δόξα πρέπει, Κύριε, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.
ΑΝΑΓΝΩΣΤΗΣ: Ἀμήν.	READER: Amen.
ΑΝΑΓΝΩΣΤΗΣ	HIERARCH or READER

Δόξα ἐν ὑψίστοις Θεῷ,
καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία.

Ἵμνουμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε,
εὐχαριστοῦμέν σοι,
διὰ τὴν μεγάλην σου δόξαν.

Κύριε Βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ,
Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα.
Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς,
ὁ αἴρων τὴν ἁμαρτίαν τοῦ κόσμου,
ἐλέησον ἡμᾶς,
ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν,
ὁ κατήμενος ἐν δεξιᾷ τοῦ Πατρὸς,
καὶ ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ ὁ μόνος Ἅγιος, σὺ εἶ ὁ μόνος Κύριος,
Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.

Καθ' ἐκάστην ἡμέραν εὐλογήσω σε,
καὶ αἰνέσω τὸ ὄνομά σου ὁ Θεὸς τῶν Πατέρων ἡμῶν,
καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου
εἰς τοὺς αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς,
καθάπερ ἠλπίσαμεν ἐπὶ σέ.
Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.
Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.
Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν, ἐν γενεᾷ καὶ γενεᾷ.
Ἐγὼ εἶπα· Κύριε, ἐλέησόν με,
ἴασαι τὴν ψυχὴν μου, ὅτι ἡμαρτόν σοι.
Κύριε, πρὸς σέ κατέφυγον,
δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου,
ὅτι σὺ εἶ ὁ Θεός μου.
Ὅτι παρὰ σοὶ πηγὴ ζωῆς,
ἐν τῷ φωτί σου ὁψόμεθα φῶς.
Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.
Ἐγὼ εἶπα· Κύριε, ἐλέησόν με,
ἴασαι τὴν ψυχὴν μου, ὅτι ἡμαρτόν σοι.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος,
ἐλέησον ἡμᾶς.
Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος,
ἐλέησον ἡμᾶς.
Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος,
ἐλέησον ἡμᾶς.
Δόξα Πατρὶ καὶ Υἱῷ καὶ ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.
Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. Ἅγιος ὁ Θεός,
Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Glory to God in the highest, and on earth peace, good will to men. We
praise you, we bless you, we worship you, we glorify you, and we thank
you, for your great glory. Lord, King, Heavenly God, Father Almighty;
only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the
Lamb of God, the Son of the Father, who take away the sin of the world,
have mercy on us, you who take away the sins of the world. Accept our
supplication, you who sit at the right of the Father, and have mercy on us.
For you are the only Holy One, you are the only Lord, Jesus Christ, to the
glory of God the Father. Amen. Every day I shall bless you, and I shall
praise your name forever, and unto the ages of ages. Lord, you have
become for us a refuge from generation to generation. I have said: Lord,
have mercy on me, heal my soul, for I have sinned against you. Lord, to
you I have fled; teach me to do your will, for you are my God. For with
you is the fountain of life; in your light we shall see light. Extend your
mercy to those who know you. Grant, O Lord, that in this day we may be
kept without sin. Blessed are you, O Lord, the God of our Fathers, and
praised and glorified is your name unto the ages. Amen. Let your mercy,
Lord, come upon us, just as we have hoped in you. Blessed are you, O
Lord, teach me your commandments. Blessed are you, O Master, make
me understand your commandments. Blessed are you, O Holy One,
enlighten me with your commandments. Lord, your mercy remains
forever, do not turn away from the works of your hands. To you belongs
praise, to you belongs a hymn, to you belongs glory, to the Father and the
Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

ΤΑ ΠΛΗΡΩΤΙΚΑ

LITANY OF COMPLETION

ΔΙΑΚΟΝΟΣ

DEACON

Πληρώσωμεν τὴν ἑωθινὴν δέησιν ἡμῶν τῷ Κυρίῳ.

Let us complete our morning prayer to the Lord.

ΧΟΡΟΣ: Κύριε, ἐλέησον.

CHOIR: Lord, have mercy.

ΔΙΑΚΟΝΟΣ

DEACON

Ἀντιλαβοῦ, σώσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῇ χάριτι.	Help us, save us, have mercy on us, and protect us, O God, by Your grace.
ΧΟΡΟΣ: Κύριε, ἐλέησον.	CHOIR: Lord, have mercy.
ΔΙΑΚΟΝΟΣ	DEACON
Τὴν ἡμέραν πᾶσαν τελείαν, ἁγίαν, εἰρηνικὴν καὶ ἀναμάρτητον παρὰ τοῦ Κυρίου αἰτησώμεθα.	That the whole day may be perfect, holy, peaceful, and sinless, let us ask the Lord.
ΧΟΡΟΣ: Παράσχου, Κύριε.	CHOIR: Grant this, O Lord.
ΔΙΑΚΟΝΟΣ	DEACON
Ἄγγελον εἰρήνης, πιστὸν ὁδηγόν, φύλακα τῶν ψυχῶν καὶ τῶν σωμάτων ἡμῶν παρὰ τοῦ Κυρίου αἰτησώμεθα.	For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.
ΧΟΡΟΣ: Παράσχου, Κύριε.	CHOIR: Grant this, O Lord.
ΔΙΑΚΟΝΟΣ	DEACON
Συγγνώμην καὶ ἄφεσιν τῶν ἁμαρτιῶν καὶ τῶν πλημμελημάτων ἡμῶν παρὰ τοῦ Κυρίου αἰτησώμεθα.	For pardon and remission of our sins and transgressions, let us ask the Lord.
ΧΟΡΟΣ: Παράσχου, Κύριε.	CHOIR: Grant this, O Lord.
ΔΙΑΚΟΝΟΣ	DEACON
Τὰ καλὰ καὶ συμφέροντα ταῖς ψυχαῖς ἡμῶν καὶ εἰρήνην τῷ κόσμῳ παρὰ τοῦ Κυρίου αἰτησώμεθα.	For that which is good and beneficial for our souls, and for peace for the world, let us ask the Lord.
ΧΟΡΟΣ: Παράσχου, Κύριε.	CHOIR: Grant this, O Lord.
ΔΙΑΚΟΝΟΣ	DEACON
Τὸν ὑπόλοιπον χρόνον τῆς ζωῆς ἡμῶν ἐν εἰρήνῃ καὶ μετανοίᾳ ἐκτελέσαι παρὰ τοῦ Κυρίου αἰτησώμεθα.	That we may complete the remaining time of our life in peace and repentance, let us ask the Lord.
ΧΟΡΟΣ: Παράσχου, Κύριε.	CHOIR: Grant this, O Lord.
ΔΙΑΚΟΝΟΣ	DEACON
Χριστιανὰ τὰ τέλη τῆς ζωῆς ἡμῶν, ἀνώδυνα, ἀνεπαίσχυντα, εἰρηνικὰ καὶ καλὴν ἀπολογίαν τὴν ἐπὶ τοῦ φοβεροῦ βήματος τοῦ Χριστοῦ αἰτησώμεθα.	And let us ask for a Christian end to our life, peaceful, without shame and suffering, and for a good defense before the awesome judgment seat of Christ.
ΧΟΡΟΣ: Παράσχου, Κύριε.	CHOIR: Grant this, O Lord.
ΔΙΑΚΟΝΟΣ	DEACON
Τῆς παναγίας, ἀχράντου, ὑπερευλογημένης, ἐνδόξου, δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.	Remembering our all-holy, immaculate, most blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.
ΧΟΡΟΣ: Σοί, Κύριε.	CHOIR: To You, O Lord.
ΙΕΡΕΥΣ	PRIEST
Ὅτι Θεὸς ἐλέους, οἰκτιρῶν, καὶ φιλάνθρωπίας ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	For You are the God of mercy and compassion and love for humankind, and to You we offer up glory, to the Father and the Son and the Holy Spirit, now and ever and to ages of ages.
ΧΟΡΟΣ: Ἀμήν.	CHOIR: Amen.
ΙΕΡΕΥΣ	PRIEST
Εἰρήνη πᾶσι.	Peace be with all.
ΧΟΡΟΣ	CHOIR

Καὶ τῷ πνεύματί σου.	And with your spirit.
ΔΙΑΚΟΝΟΣ	DEACON
Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνωμεν.	Let us bow our heads to the Lord.
ΧΟΡΟΣ	CHOIR
Σοί, Κύριε.	To You, O Lord.
ΙΕΡΕΥΣ (χαμηλοφώνως)	PRIEST (in a low voice)
Κύριε ἅγιε, ὁ ἐν ὑψηλοῖς κατοικῶν καὶ τὰ ταπεινὰ ἐφορῶν καὶ τῷ παντεφύρῳ σου ὀμματι ἐπιβλέπων ἐπὶ πᾶσαν τὴν κτίσιν, σοὶ ἐκλίνωμεν τὸν αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος καὶ δεόμεθά σου, ἅγιε ἁγίων· Ἐκτεινον τὴν χεῖρά σου τὴν ἀόρατον ἐξ ἁγίου κατοικητηρίου σου καὶ εὐλόγησον πάντας ἡμᾶς· καὶ εἴ τι ἡμάρτομεν ἐκουσίως ἢ ἀκουσίως, ὡς ἀγαθὸς καὶ φιλόανθρωπος Θεὸς συγχώρησον, δωρούμενος ἡμῖν τὰ ἐγκόσμια καὶ ὑπερκόσμια ἀγαθὰ σου.	Holy Lord, who dwell in the highest and look upon the humble and observe all creation with Your all-seeing eye, to You we bow the neck of soul and body, and we pray You, Holy of holies: Extend Your invisible hand from Your holy heavens and bless us all. And as good and benevolent God, forgive us any misdeeds we committed voluntarily or involuntarily, and grant us Your blessings in this world and in the next.
ΙΕΡΕΥΣ (ἐκφώνως)	PRIEST (aloud)
Σὸν γὰρ ἐστί τὸ ἐλεεῖν καὶ σώζειν ἡμᾶς, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	For Yours it is to show mercy and to save us, O our God, and to You we offer up glory, to the Father and the Son and the Holy Spirit, now and ever and to ages of ages.
ΧΟΡΟΣ	CHOIR
Ἀμήν.	Amen.
Ἀπόστιχα τῆς Ὀκτωήχου.	Aposticha of the Octoechos.
ΙΕΡΕΥΣ	PRIEST
Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ Κυρίῳ καὶ ψάλλειν τῷ ὀνόματί σου, Ὑψιστε· τοῦ ἀναγγέλλειν τῷ πρωῒ τὸ ἔλεός σου καὶ τὴν ἀλήθειάν σου κατὰ νύκτα.	It is good to give thanks to the Lord and to sing to Your name, O Most High, to proclaim Your mercy in the morning and Your truth at night. [SAAS]
ΑΝΑΓΝΩΣΤΗΣ	READER
Τρισάγιον.	Trisagion Prayers.
Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (3)	Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)
Δόξα Πατρὶ καὶ Υἱῷ καὶ ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.	Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.
Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.	All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Your name's sake.
Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.	Lord, have mercy. Lord, have mercy. Lord, have mercy.
Δόξα Πατρὶ καὶ Υἱῷ καὶ ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.	Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥύσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.	Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.
ΙΕΡΕΥΣ	PRIEST
Ὅτι σοῦ ἐστιν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	For Thine is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and ever and to ages of ages.
ΧΟΡΟΣ: Ἀμήν.	CHOIR: Amen.
Ἀπολυτίκιον.	Apolytikion.
(Παραλείπεται ἡ ἐκτενής.)	(The “ektenia” litany has been omitted.)
ΔΙΑΚΟΝΟΣ	DEACON
Σοφία.	Wisdom.
ΑΝΑΓΝΩΣΤΗΣ	READER
Εὐλόγησον.	Father, bless!
ΙΕΡΕΥΣ	PRIEST
Ὁ ὢν εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν πάντοτε, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.	Blessed is Christ our God, the One who is, always, now and ever and to the ages of ages.
ΧΟΡΟΣ: Ἀμήν.	CHOIR: Amen.
ΑΝΑΓΝΩΣΤΗΣ	READER
Στερεώσαι Κύριος ὁ Θεὸς τὴν ἁγίαν καὶ ἀμώμητον πίστιν τῶν εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν σὺν τῇ ἁγίᾳ αὐτοῦ Μεγάλῃ Ἐκκλησίᾳ Κωνσταντινουπόλεως, τῇ ἱερᾷ ἡμῶν Ἀρχιεπισκοπῇ, [τῇ ἁγίᾳ Μητροπόλει ταύτῃ] καὶ τῇ πόλει ταύτῃ εἰς αἰῶνας αἰώνων.	The Lord God make firm the holy and pure faith of the pious Orthodox Christians, together with the Holy and Great Church of Christ of Constantinople, our Sacred Archdiocese, [this Holy Metropolis,] and this city, to the ages of ages.
ΧΟΡΟΣ: Ἀμήν.	CHOIR: Amen.
Εἶτα τό· «Δεῦτε προσκυνήσωμεν...» καὶ τὴν Πρώτην Ὦραν.	Then we begin the First Hour, saying: “Come let us worship...”
ἤ.	or:
ΙΕΡΕΥΣ	PRIEST
Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.	Glory to You, our God, glory to You.
Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις τῆς παναχράντου καὶ παναμώμου ἁγίας αὐτοῦ Μητρός, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων δυνάμεων ἁσωμάτων, ἱκεσίαις τοῦ τιμίου, ἐνδόξου, προφήτου, προδρόμου καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων ἀποστόλων, τῶν ἁγίων ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν ὁσίων καὶ θεοφόρων πατέρων ἡμῶν· (τοῦ ἁγίου τοῦ ναοῦ)· τῶν ἁγίων καὶ δικαίων θεοπατόρων Ἰωακείμ καὶ Ἀννης, καὶ πάντων τῶν ἁγίων, ἐλεῆσαι καὶ σώσαι ἡμᾶς, ὡς ἀγαθὸς καὶ φιλάνθρωπος καὶ ἐλεήμων Θεός.	May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, (local patron saint); of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, as He is good, benevolent, and merciful God.
Δι’ εὐχῶν τῶν ἁγίων πατέρων ἡμῶν, Κύριε Ἰησοῦ Χριστέ ὁ Θεός, ἐλέησον ἡμᾶς.	Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us.

ΧΟΡΟΣ: Ἀμήν.	CHOIR: Amen.
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附录1：

ΕΛΛΗΝΙΚΑ		ENGLISH	
第一坐颂 (Κάθισμα Α')	第二坐颂 (Κάθισμα Β')	第三坐颂 (Κάθισμα Γ')	第四坐颂 (Κάθισμα Δ')
第一荣归颂：圣咏 1, 2, 3	第一荣归颂：圣咏 9, 10	第一荣归颂：圣咏 17	第一荣归颂：圣咏 24, 25, 26
第二荣归颂：圣咏 4, 5, 6	第二荣归颂：圣咏 11, 12, 13	第二荣归颂：圣咏 18, 19, 20	第二荣归颂：圣咏 27, 28, 29
第三荣归颂：圣咏 7, 8	第三荣归颂：圣咏 14, 15, 16	第三荣归颂：圣咏 21, 22, 23	第三荣归颂：圣咏 30, 31
第五坐颂 (Κάθισμα Ε')	第六坐颂 (Κάθισμα ΣΤ')	第七坐颂 (Κάθισμα Ζ')	第八坐颂 (Κάθισμα Η')
第一荣归颂：圣咏 32, 33	第一荣归颂：圣咏 37, 38	第一荣归颂：圣咏 46, 47, 48	第一荣归颂：圣咏 55, 56, 57
第二荣归颂：圣咏 34, 35	第二荣归颂：圣咏 39, 40, 41	第二荣归颂：圣咏 49, 50, 51	第二荣归颂：圣咏 58, 59, 60
第三荣归颂：圣咏 36	第三荣归颂：圣咏 42, 43, 44, 45	第三荣归颂：圣咏 52, 53, 54	第三荣归颂：圣咏 61, 62, 63
第九坐颂 (Κάθισμα Θ')	第十坐颂 (Κάθισμα Ι')	第十一坐颂 (Κάθισμα ΙΑ')	第十二坐颂 (Κάθισμα ΙΒ')
第一荣归颂：圣咏 64, 65, 66	第一荣归颂：圣咏 70, 71	第一荣归颂：圣咏 77	第一荣归颂：圣咏 85, 86, 87
第二荣归颂：圣咏 67	第二荣归颂：圣咏 72, 73	第二荣归颂：圣咏 78, 79, 80	第二荣归颂：圣咏 88
第三荣归颂：圣咏 68, 69	第三荣归颂：圣咏 74, 75, 76	第三荣归颂：圣咏 81, 82, 83, 84	第三荣归颂：圣咏 89, 90
第十三坐颂 (Κάθισμα ΙΓ')	第十四坐颂 (Κάθισμα ΙΔ')	第十五坐颂 (Κάθισμα ΙΕ')	第十六坐颂 (Κάθισμα ΙΣΤ')
第一荣归颂：圣咏 91, 92, 93	第一荣归颂：圣咏 101, 102	第一荣归颂：圣咏 105	第一荣归颂：圣咏 109, 110, 111
第二荣归颂：圣咏 94, 95, 96	第二荣归颂：圣咏 103	第二荣归颂：圣咏 106	第二荣归颂：圣咏 112, 113, 114
第三荣归颂：圣咏 97, 98, 99, 100	第三荣归颂：圣咏 104	第三荣归颂：圣咏 107, 108	第三荣归颂：圣咏 115, 116, 117
第十七坐颂 (Κάθισμα ΙΖ')	第十八坐颂 (Κάθισμα ΙΗ')	第十九坐颂 (Κάθισμα ΙΘ')	第二十坐颂 (Κάθισμα Κ')
第一荣归颂：圣咏 118 (第1-72节)	第一荣归颂：圣咏 119, 120, 121, 122, 123	第一荣归颂：圣咏 134, 135	第一荣归颂：圣咏 143, 144
第二荣归颂：圣咏 118 (第73-131节)	第二荣归颂：圣咏 124, 125, 126, 127, 128	第二荣归颂：圣咏 136, 137, 138, 139	第二荣归颂：圣咏 145, 146, 147
第三荣归颂：圣咏 118 (第132-176节)	第三荣归颂：圣咏 129, 130, 131, 132, 133	第三荣归颂：圣咏 140, 141, 142	第三荣归颂：圣咏 148, 149, 150

星期	向晨礼 (Ὁρθρος)	黄昏礼 (Ἑσπερινός)
主日	第二、第三	—
周一	第四、第五	第六
周二	第七、第八	第九
周三	第十、第十一	第十二
周四	第十三、第十四	第十五
周五	第十九、第二十	第十八
周六	第十六、第十七	第一

附录2：

ΕΛΛΗΝΙΚΑ		ENGLISH	
中文		希腊文	英文

向晨礼（又译：向晨课、晨祷）	清晨的主要礼仪，通常紧接着午夜礼之后举行，是最长的时辰礼。	Ὅρθρος	Matins / Orthros
晨间礼（又译：一时课）	6点	Πρώτη Ὥρα	First Hour
午前礼（又译：三时课）	9点	Τρίτη Ὥρα	Third Hour
午间礼（又译：六时课）	12点	Ἑκτη Ὥρα	Sixth Hour
午后礼（又译：九时课）	15点	Ενάτη Ὥρα	Ninth Hour
黄昏礼（又译：抵暮课、晚祷）	18点左右（一般在日落时分）	Ἑσπερινός	Vespers
午夜礼（又译：子时课）	午夜或向晨礼前举行，分为平日、周六、主日三种形式。	Μεσονύκτικον	Midnight Office

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Δόξα Πατρὶ καὶ Υἱῷ καὶ ἁγίῳ Πνεύματι

注脚

1. 向晨礼：详见附录2。↵
2. 时刻：希腊文 πάντοτε, 英文 always / at all times, 字面意思是“总是、在任何时候、始终”。由 πᾶς (全部、一切) 与 ὅτε (当……时) 组合而成, 意为“无论何时”、“时时刻刻”。又译“常”、“始终”、“时时”。↵
3. 永生：希腊文 Ἀθάνατος, 英文 Immortal, 字面意思是“不死、不朽”。由否定前缀 ἀ- (不、无) 与 θάνατος (死亡) 组合而成, 直译为“不死者”、“不朽者”。在礼仪文本中, 该词常用于指称上帝或基督, 如“圣哉永生者” (Ἅγιος Ἀθάνατος), 强调其超越死亡、永恒常在的神性。亦引申为信徒在基督里所领受的不朽生命, 即“永生”。又译“不朽者、不死者”。↵
4. 主宰：希腊文 δέσποτα, 英文 Master, 字面意思是“主”。又译：君宰。↵
5. 软弱：希腊文 ἀσθενείας, 英文 infirmities, 字面意思是“软弱、疾病”。又译：病弱。这里不只是指身体的病弱, 在教父的教导中, 更多是指灵魂的疾病-即情欲-和软弱。↵
6. 产业：希腊文 κληρονομίαν, 英文 inheritance, 此处引自《诗篇》28章9节 (七十士译本27:9)：“求你拯救你的百姓, 赐福给你的产业。在新约中, 这“产业”扩展至一切在基督里蒙拣选的人。又译：嗣业。↵
7. 仇敌：希腊文 βαρβάρων, 英文 enemy, 字面意思是“蛮族、夷狄”。在拜占庭的背景中, 特指信奉基督的君王战胜仇敌。↵
8. 高举：希腊文 ὑψωθείς, 英文 lifted, 字面意思是“被举起、被升高”。又译“举扬”。此处引自正教礼仪圣歌, 指向《约翰福音》12:32——主说：“我若从地上被举起来, 就要吸引万人来归我。”↵
9. 国民：希腊文 πολιτεία, 英文常译作 community, 字面意思是“子民、民众、公民群体”。此处特指信徒——那些因信基督而拥有天上国籍的人。此词与《腓立比书》3章20节 (和合本)“我们却是天上的国民”相呼应。↵
10. 标志：希腊文 τρόπαιον, 英文 trophy, 字面意思是“胜利纪念物”。在古希腊, 它并非石头或大理石所建的永久建筑, 而是战场上的临时标志: 战胜方在敌人溃败之处, 将缴获的武器 (盾牌、头盔、胸甲) 挂在木桩或树干上, 作为“此处敌人已被击败”的证据。它不立于城邦广场, 而是留在战场上。↵
11. 人名：希腊文 δεῖνος, 英文 name, 字面意思是“某某、某人”。此处指代祷中所提及的人名。↵
12. 宣读者：此处希腊原文为: ΠΡΟΕΣΤΩΣ ἢ ΑΝΑΓΝΩΣΤΗΣ。本文在翻译时统称为“宣读者”。希腊文 Προεστώς, 英文 Proestos, 意为: 礼仪主持人。主持礼仪的人可能是司祭、辅祭或受委派的资深唱诗班成员。可译为“主持人”、“主礼者”、“领唱者”, 视上下文而定。↵
13. 六圣咏：希腊文 Ὁ Ἑξάψαλμος, 英文 the Six Psalms, 正教向晨礼开始时诵读的六篇特定圣咏 (诗篇)。六篇圣咏的组成与顺序: 七十士译本圣咏编号 (和合本或思高本编号) 第3篇 (3)、第37篇 (38)、第62篇 (63)、第87篇 (88)、第102篇 (103)、第142篇 (143)。“六圣咏”被视为整个受造世界在造物主面前的呈现, 勾勒出人类灵魂从黑暗走向光明的旅程。诵读《六圣咏》时, 当完全静默, 以痛悔、敬畏肃立; 除结束时, 全程不叩拜或划十字; 也有熄灭教堂里蜡烛, 只点长明灯的传统。↵
14. 平安连祷：希腊文 Εἰρηνικά (复数), 英文 Great Litany。又称“大连祷”或“平安祷文”, 位于正教圣礼仪、时辰礼等礼文的起始部分。其名称源于开头的祈句“Ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν” (在平安中, 让我们向上主恳求)。又译“平安祷文”。↵
15. 辅祭：希腊文 Διάκονος, 英文 Deacon, 字面意思是“帮助者” (源自 διάκονος “仆人、执事”)。特指圣秩体系中的第三级圣品, 在礼仪中辅助司祭, 常引导连祷、宣读福音。又译“执事”、“助祭”。↵
16. 唱诗班：希腊文 Χορός, 英文 Choir, 字面意思是“歌队、舞蹈圈”。在礼仪中指负责咏唱的合唱团体。又译“唱经班”。↵
17. 全然圣洁：希腊文 Παναγία, 英文 All-holy / Panagia, 字面意思是“全圣的”。在正教礼仪中常特指圣母玛利亚。↵
18. 未曾玷污：希腊文 Ἄχραντος, 英文 Immaculate / Undeiled, 字面意思是“无玷的、未被沾染的”。常用于圣母赞美诗和祷文中, 强调其纯洁无罪的恩典状态。又译“无玷”、“纯洁无瑕”。↵
19. 诞神女：希腊文 Θεοτόκος, 英文 Theotokos, 字面意思是“上帝之母”, 是对圣母玛利亚的核心尊称。又译“圣母”、“诞神者”。↵
20. 省略唱诵部分：目前, 礼仪文本中文译本的唱咏部分仍有待完善。原因在于, 正教每日礼文的唱咏内容极其丰富, 由“调式”、“圣人纪念日”和“节期”三重循环叠加构成。因而, 它不是一成不变的, 而是一个“活的、呼吸的”有机体。它通过每日、每周、每年的流转, 使整部圣经与教会的历史, 在每一天的祈祷中得以重新“演绎”与“纪念”。↵
21. 第一坐颂：希腊文 Κάθισμα Α', 英文 Kathisma I, 数字“Α'”为希腊文数字“第一”。此处“第一坐颂”是指在诵读《圣咏集》 (又译: 圣咏经) 的各个“坐颂”期间插入的颂歌。希腊文 Κάθισμα (英文 Kathisma), 源自希腊语动词 καθίζω (“坐下”), 字面意思是为“坐立之事”。因诵读和咏唱时会众可坐下聆听而得名。《圣咏集》: 希腊文 Ψαλτήριον, 英文 Psalter, 整部圣咏 (150篇) 被划分为20个“坐颂”

- (καθίσματα) (具体划分见本文附录)，每个“坐颂”又分为三个“荣归颂”(δόξαι, 即“荣耀归于父……”)，每个“荣归颂”之间包含数篇圣咏，详见附录1。↵
22. 圣咏50篇：七十士译本圣咏编号，对应思高本及和合本第51篇。↵
23. 圣徒列传：希腊文Συναξάριον, 英文Synaxarion, 按日历顺序排列的诸圣徒传记与节庆意义的汇编。又译“圣徒汇编”或“宣教月历”。↵
24. 主题格律：希腊文Εἰρμός, 英文 Heirmos, 指每首颂歌的第一段颂歌，它提供整首颂歌的主题、旋律和格律范本。↵
25. 参照《但以理书》6章，和合本。↵
26. 参照《但以理书》3章，和合本。↵
27. 参照《路加福音》1章46-55节，和合本。↵
28. 赫鲁宾：希腊文Χερουβείμ, 英文Cherubim, 又译“革鲁宾”或“基路伯”。↵
29. 赛拉芬：希腊文Σεραφεΐμ, 英文Seraphim, 又译“色辣芬”或“撒拉弗”。↵
30. 《赞美之歌》：希腊文 Οἱ Αἵνοι, 英文 the Lauds / the Praises, 字面意思是“赞美(复数)”。指正教向晨礼(Ὁρθρος)临近结束时诵读或咏唱的一组赞美诗歌，以《圣咏》148、149、150篇的经节为基础。位于“大荣耀颂”(Μεγάλη Δοξολογία)之前。又译“赞美诗”、“颂歌”、“赞词”。↵
31. 《荣耀颂》：希腊文 Δοξολογία, 英文 Doxology, 字面意思是“荣耀颂”。它是正教向晨礼(Ὁρθρος)末尾诵读或咏唱的一篇固定赞美诗歌，以天使的赞歌“荣耀在至高之处归于上帝”(Δόξα ἐν ὑψίστοις Θεῷ)开篇，结构包含赞美圣三一、宣认基督神性、祈求怜悯，并以三圣颂结尾。在主日及大节日向晨礼中庄严咏唱。又译“大荣光颂”、“大赞美颂”。↵
32. “罪恶”与“众罪”：前者希腊文 ἁμαρτίαν 为单数，指“那罪”或罪作为整体；后者希腊文 τὰς ἁμαρτίας 为复数，指“那些罪”或许多具体的罪行。二者是同一个名词 ἁμαρτία (罪)的不同数和格。在礼仪文本中，这种单复数并置常常是刻意保留的。它正是礼仪语言的神学深度所在——基督的救赎既涵盖罪的整体，也触及每一个具体的过犯。↵
33. “圣者”：希腊文 Ἅγιος, 英文 Holy, 字面意思是“圣的、神圣的”。在礼仪中，此词用于宣告上帝的神圣本质，也用于称呼基督为“圣者”。圣经中，此称号见于《马可福音》1章24节，(和合本)“我知道你是谁，乃是上帝的圣者”。↵
34. 恳求连祷：希腊文 πληρωτικά, 英文 Litany of Completion, 字面意思是“完满的、完成的”。↵
35. 身心：希腊文 τῆς ψυχῆς καὶ τοῦ σώματος 直译为：灵魂与身体。↵
36. 至圣：ἄγιε, 呼格单数，字面意思是“圣者啊”、“圣哉”；ἄγιω, 属格复数，字面意思是“诸圣的”、“众圣的”。可译为：“圣者啊，诸圣之圣”；“圣哉，诸圣之圣”；“至圣者啊”。↵
37. 今生与来世：希腊文 τὰ ἐγκόσμια καὶ ὑπερκόσμια ἀγαθὰ σου 直译：今世与超乎此世↵
38. 《八调集》随经赞词：希腊文 Ἀπόστιχον, 由 ἀπό (“在……之后”) 与 στίχος (“诗节”、“经文节”) 构成，字面意思是“附于经文之后的”。在拜占庭礼仪中，它指黄昏礼或向晨礼末尾的一组咏唱：先由领唱者唱出一节圣咏(στίχος)作引，随后咏唱对应的赞词(τροπάριον)，如此反复数组，最后常以圣母赞词结束。功能是以赞词总结当日主题，引导会众进入礼仪的遣散阶段。故译“随经赞词”，取“随附于领唱经文之后的赞词”之意。↵
39. 永生：希腊文 Ἀθάνατος, 英文 Immortal, 字面意思是“不死、不朽”。由否定前缀 ἀ- (不、无) 与 θάνατος (死亡) 组合而成，直译为“不死者”、“不朽者”。在礼仪文本中，该词常用于指称上帝或基督，如“圣哉永生者”(Ἅγιος Ἀθάνατος)，强调其超越死亡、永恒常在的神性。亦引申为信徒在基督里所领受的不朽生命，即“永生”。又译“不朽者”、“不死者”。↵
40. 软弱：希腊文 ἀσθενείας, 英文 infirmities, 字面意思是“是”“软弱、疾病”。又译：病弱。这里不主要是指身体的病弱，在教父的教导中，更多是指灵魂的疾病-即情欲-和软弱。↵
41. 晨间礼：详见附录2。↵
42. 天使：希腊文 ἄσωμάτων, 英文 bodiless, 字面意思是“无形的”，即天使。↵
43. 希腊文 θεοπατόρων, 英文 ancestors, 字面意思是“神默示的先辈或先祖”。此处特指圣母玛利亚的父母(约雅敬与亚纳)。在东正教的礼仪和传统中，“θεοπάτωρ”主要用来称呼与基督或圣母有直接血缘关系的“神圣祖先”。↵