

Memorization

The First Hour

Psalm 26

The Lord is my light and my salvation; whom will I fear? The Lord is the defender of my life; of whom will I be afraid? When the wicked drew near against me to eat up my flesh, those who distress me and my enemies, they fainted and fell. Though an army should fight me, my heart shall not be afraid: though war should rise up against me, in this I am confident.

One thing I have asked of the Lord, this also I will seek, that I should dwell in the house of the Lord all the days of my life, that I should behold the fair beauty of the Lord, and visit His holy temple. For in the day of my afflictions He hid me in His tabernacle: He sheltered me in the secret of His tabernacle; He set me up on a rock. And now, behold, He has lifted up my head over my enemies: I went round and offered in His tabernacle a sacrifice of joy; I shall sing, and sing psalms to the Lord.

Hear, O Lord, my voice which I have uttered aloud: have mercy on me, and hearken to me. For You are He to whom my heart said, "I have sought Your face: Your face, O Lord, I will seek." Do not turn away Your face from me, do not reject Your servant in anger: be a helper to me, and do not forsake me; and do not overlook me, O God my Savior. For my father and my mother have forsaken me, but the Lord has accepted me unto Himself. Set a law for me, O Lord, in Your ways, and guide me in a right path, because of my enemies. Do not deliver me over to the souls of those who afflict me; for unjust witnesses have risen up against me, and injustice has lied to itself. I believe that I shall see the goodness of the Lord in the land of the living. Wait for the Lord: be of good cheer and let your heart be strengthened: and wait for the Lord. ALLELUIA.

The Pauline Epistle (Ephesians 4:1-5)

Paul the servant of our Lord Jesus Christ, called to be an Apostle, appointed to the Gospel of God. A Chapter from his epistle to the Ephesians, may be His blessing be with us all. Amen.

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and meekness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace. There is one body, and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism.

The Holy Gospel According to Saint John (1:1-17)

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made by Him; and without Him was not anything made that was made. In Him was life; and the life was the light of men. And the light shines in darkness; and the darkness did not comprehend it.

There was a man sent from God, whose name was John. This man came for a witness, to bear witness of the Light, that all men through him might believe. He was not the Light, but was sent to bear witness to the Light. That was the true Light that gives light to every man coming into the world. He was in the world, and the world was made by Him, and the world did not know Him. He came unto His own, and His own did not receive Him. But as many as received Him, to them He gave power to become children of God, to those who believe in His name: who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

And the Word became flesh, and dwelt in us, and we beheld His glory, the glory as of the Only-Begotten of His Father, full of grace and truth. John bore witness of Him, and cried out, saying, "This was He of whom I said, 'He who comes after me is preferred before me: for He was before me.'" And of His fullness we have all received, and grace for grace. For the law was given by Moses, but grace and truth came through Jesus Christ.

Glory be to God forever. Amen.

The Litanies:

1. O the true Light Who gives light to every man coming into the world, You came into the world through Your love for mankind, and all creation rejoiced in Your coming. You saved our father, Adam, from the seduction, and delivered our mother, Eve, from the pangs of death, and gave us the spirit of sonship. Let us, therefore, praise You and bless You saying:

2. As the daylight shines upon us, O Christ Our God, the true Light, let the luminous senses and the bright thoughts shine within us, and do not let the darkness of passions hover over us, that mindfully we may praise You with David saying, "My eyes have awoken before the morning watch, that I might meditate on Your sayings." Hear our voices according to your great mercy, and deliver us, O Lord our God, through Your compassion.

3. You are the honored Mother of the Light; from the risings of the sun to its settings praises are offered to you, O *Theotokos*, the second heaven, as you are the bright and unchanging flower, and the ever virgin mother; for the Father chose you, and the Holy Spirit overshadowed you, and the Son condescended and took flesh from you. Wherefore, ask Him to give salvation to the world which He created, and to deliver it from all tribulations. Let us praise Him a new praise, and bless Him, now and forever and unto the ages of all ages. Amen.

Second Absolution

O God Who causes the light to burst forth, Who lets His sun shine upon the righteous and the wicked, Who created the light which illuminates the whole world, enlighten our minds, our hearts and our understandings, O Master of all, and grant us to please You this present day. Guard us from every bad thing, from every sin, and from every adversitive power; through Christ Jesus our Lord, with whom You are blessed, with the Holy Spirit, the Life-Giver and one essence with You, now and at all times and unto the ages of all ages. Amen.

