

Fourth Sunday of Lent: Saint John of the Ladder / Tone 7

Great Vespers

Blessed is the Man

At Lord I have cried: Octoechos 7; Triodion 3; Glory: Triodion, Tone 6; Both now: Dogmatic Theotokion in the tone of the week

Aposticha: Octoechos; Glory: Triodion, Tone 8; Both now: Resurrectional Theotokion (O new wonder...)

Troparia: O Theotokos Virgin, Rejoice, thrice

Matins

After God is the Lord: Resurrectional Troparion twice; Glory: Saint (O John, our father...); Both now: Theotokion (At Gabriel's salutation...)

After each Kathisma: Sessional Hymns from the Octoechos

Evlogitaria

Hypakoë, Hymns of Ascent and Prokeimenon in tone of the week

7th Matins Gospel

Having beheld the Resurrection

Psalm 50; Glory: The doors of repentance; Both now: Guide me in the paths of salvation; Have mercy on me, O God; When I think of the multitude of evil things I have done.

Canon

Resurrection	2	Glory to Thy Holy Resurrection, O Lord
Theotokos	1	O Most-holy Theotokos, save us
Triodion	2	Have mercy on me, O God, have mercy on me
Saint	3	O Venerable Father John, pray to God for us
Katavasia		I shall open my mouth...

After Ode 3: Kontakion of the Saint (Truly the Lord...), Ikos and Sessional Hymns from the Triodion

After Ode 6: Kontakion and Ikos from the Octoechos

After Ode 8: My soul doth magnify...

Holy is the Lord, our God

Exapostilaria: 7th Gospel; Glory: Saint; Both now: Theotokion in the Triodion

Praises: Octoechos 8, with Psalm verses:

I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

I will be glad and rejoice in Thee, I will chant unto Thy name, O Most High.

And then the verse *Arise, O Lord my God....* followed by the sticheron in the Triodion:

Come, let us work...; Glory: Repeat; Both now: Most blessed art thou...

After the Great Doxology, Troparion: *Today is salvation...*

After the dismissal: *Glory, Both now: 7th Gospel Sticheron*

At the Hours

Troparion: Resurrection; Glory: Saint

Kontakion: Resurrection