When the earth trembled because of the fear of thy wrath, O Lord, the hills and mountains shook. Wherefore as thou look-est down upon us with thine eye of compassion, be not indignant with us in thy wrath, but have compassion on the creation of thy hands, and deliver us from the fearful threat of earth-quakes; for thou art good and the Lover of man-kind.

Stichos

Thou hast moved the earth and thou hast troubled it.
Thou art awesome, O Lord; who can bear thy just wrath? Who shall seech thee, or who shall explore thee, O good One, on behalf of a despising and sinful people?

Verily, the heav'nly myriads, the angels, principalities, powers, thrones, lords, the cherubim and seraphim, cry to thee for our sake: Holy! Holy! Holy! art thou, O good One, from the works of thy
hands, but by the compassion of thy mercies save a city threatened with danger.

Stichos Fast

He looketh up on the earth, and maketh it tremble.

The people of Nin-e-vah, because of their short comings, heard of the threat of the earthquake. But by means of the sign of the whale, which made clear to them the Resurrection, they were called to repentance through Jo-nah.

Wherefore, as thou didst hearken to them,
hearken also to the cries of thy people, with the babes and beasts, and have compassion on us who are chastised.

Pity us for the sake of thy third-day Resurrection, and have mercy upon us.