From my youth up many passions have warred against me.

But do Thou help and save me, O my Savior.

Ye who hate Zion shall be put to confusion of the Lord; like grass in the fire shall ye be withered up.

Glory to the Father, and to the Son, and to the Holy Spirit. Through the Holy Spirit it is every soul quickened and exalted in purity, and made splendent by the Triune Unity in mystical holiness.
Anavathmoi

Fourth Mode

(Text by Fr. Seraphim Nassar)

"Ηχος Ῥτος Βχ

From my youth many passions have warred against me. But do Thou help and save me, O my Savior. (Twice)

Ye who hate Zion shall be put to confusion of the Lord; like grass in the fire shall ye be withered up. (Twice)

Glory to the Father, and to the Son, and to the Holy Spirit. Through the Holy Spirit it is every soul quickened and exalted in purity, and made resplendent by the
Tri-une U-ni-ty in mys-tic ho-li-ness

Both now and ev-er, and un-to ag-es of ag-es. A-men.

Through the Ho-ly Spir- it the chan-nels and streams

of grace o-ver-flow show-er-ing all cre-a-tion with in-vig-or-at-
ing Life.

(Continue on with the Prokeimenon on the next page.)
Prokeimenon
(same mode)

He righteous shall flourish like the palm tree; he shall grow like a cedar in Lebanon. (Twice)

Hose that be planted in the house of the Lord, shall flourish in the courts of our God.

He righteous shall flourish like the palm tree; he shall grow like a cedar in Lebanon.