1. Old Is-ra-el hav-ing passed through the depth of the Red Sea on un-moistened feet, de-feat-ed the pow'r of Am-a-lek in the wil-der-ness, by the hands of Mo-ses stretched in the form of a cross.

3. Thy church, O Christ, re-joic-eth in Thee, cry-ing un-to Thee, "Thou, Lord, art my strength, my stay, and my ref-u-ge."

4. When the church saw Thee el-ev-at-ed on the Cross, O Sun of Jus-tice, she stood in her ar-ray, shout-ing to Thee as is meet, "Glo-ry to Thy pow-er, O Lord."
5. Thou, my Lord, didst come as light to the world, a holy light, turning those who praise Thee away from abysmal folly.

6. The Church hail-eth Thee, O Lord, crying, "I will sacrifice to Thee with the voice of praise, purified from the vile-ness of Satan by the blood which dripped from Thy side, because of Thy compassion."

7. The Ab-ra-ham-ite youths in the furnace in the land of Per-sia burned with the fer-vor of true worship more than with the fire, crying, "Bless-ed art Thou in the temple of Thy hol-i-ness, O Lord."

We praise, we bless, and we worship the Lord.
8. When Daniel stretched his hands in the pit, he closed the mouths of the devouring lions; and the youths, lovers of true worship, when they girded themselves with virtue, quenched the pow'r of fire, crying, "Bless the Lord, all ye His works."

9. An un-hewn stone, O Virgin, opposite thy mountain was cut, but not by hand: even Christ, who brought together the separated natures. Wherefore, we rejoice gladly, and glorify thee, O Theotokos.