Of old the divine Moses foretold thy Cross, passing Israel across the Red Sea when he struck the moist element with his rod, singing to thee, O Christ God, a song of exodus.

O Christ Master, establish me by thy Cross on the rock of faith, lest my heart be shaken by the impacts of the arrogant enemy; for thou alone art holy.

When the greater luminarity held thee suspended on the Cross, O mighty One, he
trembled and, drawing in his rays, hid them. And the whole of creation praised thy long suffering; for the earth was filled with thy praise.

Ode 5
To thee, O Saviour of the world, do we travel early, praising thee, having found safety in thy Cross, through which thou didst renew mankind and led us to the never-setting light.

Ode 6
Jonah the Prophet foreshadowed thy divine Cross, when he stretched out his hands in the belly of the whale, and sprang out, saved from the beast by thy might, O Word.
He who delivered the three youths from the flames came to earth, taking a body, and was
nailed to the Cross, freely granting us salvation,
he who alone is blessed, transcendent in glory,
the God of our Fathers.

We praise, we bless, and we worship the Lord.

When Daniel, the great among Prophets, was thrown of old into the den of lions,
and stretched out his hands in the shape of a Cross, he escaped from their rav'ning without hurt, blessing Christ God unto all the ages.