Sing the beginning of the Praises in the Byzantine Matins Service Book by Kazan, in tone 4, on page 127, and then the following.

Verse 1 - Fast

Praise God in his sanctuary, praise him in the firmament of his pow'r.

Praise him for his mighty acts, praise him according to his excellent greatness.

Rejoice, O righteous ones, and ye heavens be glad.

Sing with joy, ye mountains, for the Nativity of Christ. The Virgin sitteth like the cherubim, holding in her bosom God the incarnate Word; the shepherds do glory to him who was born. The Magi offer presents to the Lord, and the angels give praise, saying, O Lord, hidden from comprehension, glory to thee.

Verse 2 - fast

Praise him with the sound of the trum-let, praise him with the psalter-y and harp.
The Father hath been pleased and satisfied; the Word hath become flesh; and the Virgin hath given birth to incarnate God. The star declaimeth, the Magi worship, the shepherds wonder, and creation rejoiceth.

Praise him with the timbrel and dance, praise him with the string'd instruments and organs.

O virgin Theotokos, O thou who hast given birth to our Saviour, thou hast revoked the ancient curse of Eve; for thou hast become a
Mother according to the pleasure of God, carrying in thy bosom God the incarnate Word.

Verily, the mystery is inscrutable; but we all glorify it with faith only, crying with thee and saying, O incomprehensible Lord, glory to thee.

Verse 4 - fast

Praise him upon the loud cymbals, praise him upon the high sounding cymbals, let everything that hath breath praise the Lord.

Come, let us praise the Mother of the Saviour, who ap
peared a Virgin even after birth giving,
crying, Rejoice, O living city of

God the King, in whom Christ having
dwelt worked salvation. Wherefore, we with

Gabriel do praise, and with the shepherds do

glorify thee, crying,

O Theotokos, intercede with him incarnate of thee to
save us.