By the fore-knowledge of our God, thou wast named for sobriety, being called Sophronios; and in all thy deeds thou wast most sober and righteous, chaste and manly, and very wise; for thou wast crowned generally with all virtue of every kind; and thou fittingly didst distribute its needs to every soul and body, as an arbitrator exact and diligent in all things.
2) From a mouth of theology, thou didst mightily

thunder forth doctrines of theology,

and didst clearly teach of the beginning-less

Father and the Son co-beginning-less,

O all-bless Sophronios, with the Spirit of

Holiness, co-eternal God: in a Trinity,

Unity; in Unity, a Trinity; the

One God, in His essential identity.
3) Thou, O most wise, didst wisely teach that the Word, beginning less with the Father and without flesh, was joined to flesh without confusion or change according to His hypostasis, two-fold in the energies proper to the two natures of which He is comprised, yet He truly existeth undivided and is seen to be One Person, although perceived as both God and man.