1) Being lifted up on the Cross, Thou didst raise Adam

with Thyself and, with him, our whole fallen

nature, O our Lord. Wherefore, exalting Thy

spotless Cross, we ask Thee, O Friend of man,

for Thy power from above, as we cry out: O

Thou Most High, save them that revere the divine, bright and

hallowed Elevation of Thy Cross with fitting

honour, since Thou art God the All-merciful.
2) As it saith in the psalms, we now see the foot-stool, O Master Christ, where Thine undeiled feet have stood: Thy precious Cross, which is exalted this day with fervent longing and sacred love.

We exalt it piously and implore Thee while crying out: O Thou Most High God, Who hast hallowed all men by Thy divine Cross, make us sharers of divine grace and Thine infinitely tender love.
3) As a trophy invincible, as a shield strong against the foe, as a scepter given by God, O Savior Christ, we bow and worship Thy holy Cross, where by all the world is saved; for its sake doth Adam dance; and with songs, we the companies of those born on earth laud and honor it, keeping feast in gladness on its Godly Elevation, while asking pardon of all our sins.