From the Octoechos
Monday evening - Tone 4
Stichera at "O Lord, I have cried"

Byzantine Chant Tone 4
Special melody: Thou who wast called from on high

Adapted by Dn. John El Massih

E
1) My soul, now rival the Canaan-ith woman
zealously cleave after Christ; insistently cry out:

D
Master, have mercy on me, that have not a possessed child
but this unruly and unsubjected flesh.

E
Drive the burning out there from, I pray Thee earnestly;
check the unruliness of its wild frisking and sporting;

D
and with the fear of Thee mortify this flesh,
by her entreaties who hath spotlessly

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both conceived Thee and given Thee birth, O Christ,

and by all saints' entreaties,

Benefactor greatly merciful.

2) Once when the Ninevites persevered in sinning,

Thou didst send forth Jonah to preach unto them, O Christ;

and they, repenting, completely changed anger to pity

and were delivered from all destroying wrath.

Wherefore, send Thy mighty help forth even unto me,

that am unworthy, that I might turn from mine unmeasured
falls and of-fenses; and, guided to the paths of full re-pen-tance, I with bit-ter groans might be-wail and la-ment, and might be re-deemed from my man-ny trans-gres-sions by Thy mer-cy, O Thou Friend of man.

3) Thou cam-est in-to the world to save us mor-tals, call-ing sin-ners to re-pen-tance for Thy mer-cy's sake:

In Thy com-passion, save e-ven me, O great in mer-cy, who more than all have pro-voked Thee un-to wrath;

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yet take pity on me in Thy goodness, guiding me
to find the way to repent a right; O Savior, give me
thoughts of compunction, and by Thy grace divine
now make my heart meek, simple, peaceful,
free of idle and vain curiosity,
unassuming, and humble,
since Thou art truly compassionate.