1) At first, our father tasteth of death because of a tree, but through the precious Tree now, all the faithful are set free from the condemnation of death; for this cause, let every breath praise and glorify Him that was willingly crucified for our sakes and enlightened all the ends of the earth.

2) Hardened in heart and reduced to the most complete despair by wicked thoughts and being both condemned and convicted, I cry to Thee: O Word of God,
calm and subdue mine unruly and restless thoughts

and all my hidden misdeeds and iniquities,

since Thou truly art compassionate.

3) O most compassionate Christ, in Thy precious Cross do we boast; and laying waste the error of the enemy therewith, we ceaselessly exalt Thee, for Thou, being good, in the midst of the earth hast wrought our full salvation, O merciful Lord, when Thou wast exalted on it willingly.