Verse 1 - Fast

Praise him with the timbrel and dance, praise him with stringed instruments and organs.

Idiomelon 1

Christ our God who is Light of Light, God manifest, hath shown forth to the world.

Verse 2 - Fast

Praise him upon the loud cymbals, praise him upon the high sounding cymbals, let every thing that hath breath praise the Lord.
How shall we servants fittingly honor thee,
O Christ Master; for by water thou didst renew us all.

The sea beheld and fled;
Jordans turned back.

When thou wast baptized in the Jordan, O our Saviour, thou didst sanctify the courses by the laying of thy servant's hand upon thee, healing the sufferings of the world.
Wherefore, great is the mystery of thy dispensation.

O Lord, Lover of mankind,
glory be to thee.

Verse 4 - Fast
What aileth thee, O sea, that thou fleddest?

Slow
And thou, Jordan, that thou didst turn back?

Idiomelon 4
The true Light hath appeared, granting illumination to all.

And Christ transcending all purity is baptized with us, charging the water with sanctity for the purification of souls.
Wherefore, the thing apparent is earthly,
but its significance transcendeth the heavinesses;
for by washing salvation is attained, by water the Spirit, and by immersion ascent to God.

Wherefore great are thy works, O Lord,
glory be to thee.