Since Through Mine Own Sloth

Theotokion

Byzantine Chant Tone 4

Special melody: Thou who wast called from on high

Adapted by Dn. John El Massih

Since through mine own sloth and carelessness, O Virgin,

I am fallen miserably to depths of many sins,

and I, the wretch, am in misery and am afflicted

with sore despair and dismayed perplexity:

Be to me a source of mercy and a ready help

and my salvation, O spotless one; and I beseech thee

and ask with longing that thou bestow on me

thy gracious consolation from on high;

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and I fall down before thee and cry with faith:

May I not be forsaken to the enemy’s malignant joy.