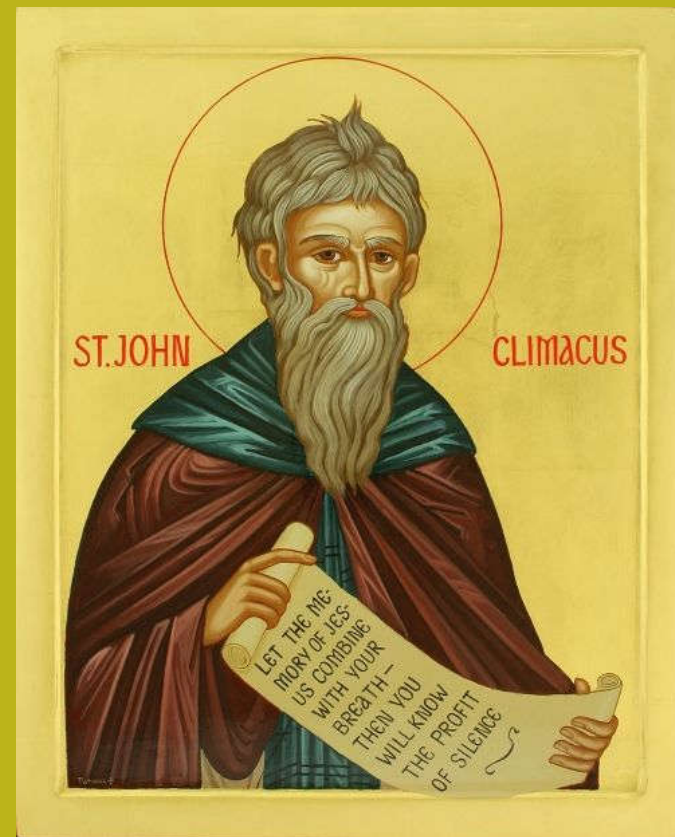


**At all times,
But most of all
While chanting,
Let us be still and undistracted.
For through distractions,
The demons aim to ruin our prayer.**

— St. John of the Ladder



**When we are
Weighed down
By deep despondency,
We should for a while
Sing psalms out loud,
Raising our voice with
Joyful expectation until
The thick mist is dissolved
By the warmth of song.**

— The Philokalia

**The
Philokalia**
THE COMPLETE TEXT
compiled by
St Nikodimos of the
Holy Mountain
and
St Makarios of Corinth



**Chanting is the work of the
Bodiless Powers, who
Stand beside God and
Praise Him unceasingly.**

— Antiochos

**O chant unto our God, chant ye;
Chant unto our King, chant ye.
O chant ye with understanding.**

— Psalm 46:6-7



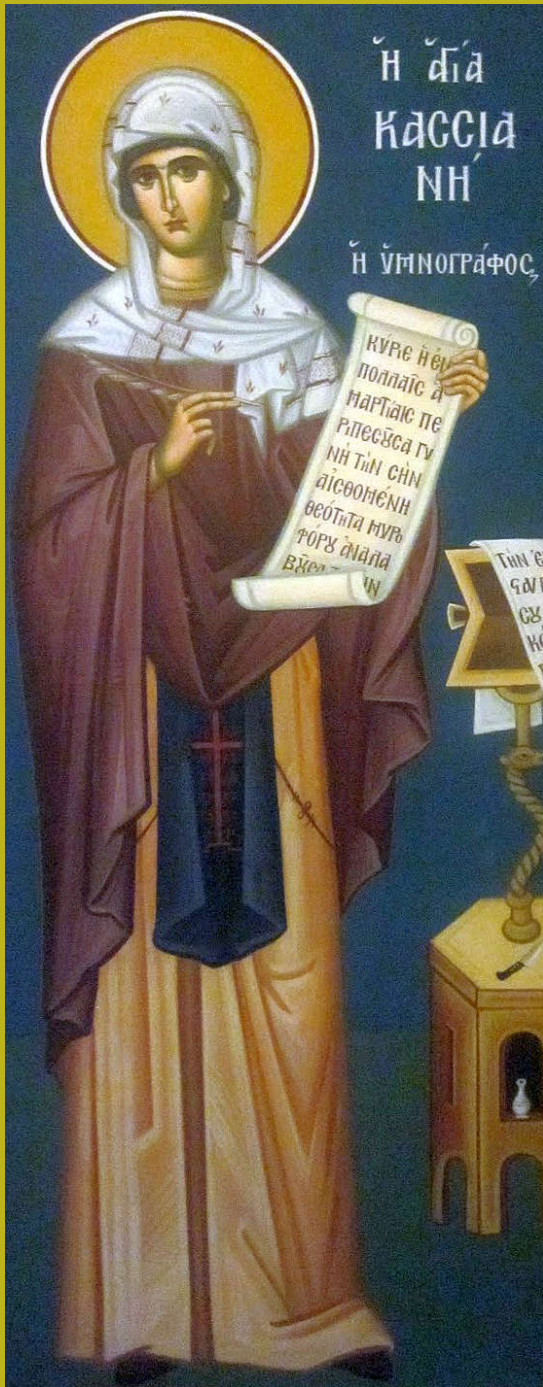
**I will sing of the mercies
Of the Lord forever.
With my mouth
Will I make known
Thy faithfulness to
All generations.**

— Psalm 89:1



**Shout joyfully
To the Lord,
All the Earth!
Break forth in song,
Rejoice, and sing praises!
— Psalm 98:4**





**Be filled with the Spirit,
Addressing one another
In psalms and hymns,
And spiritual songs, singing
And making melody to the
Lord with your heart.**

— Ephesians 5:19

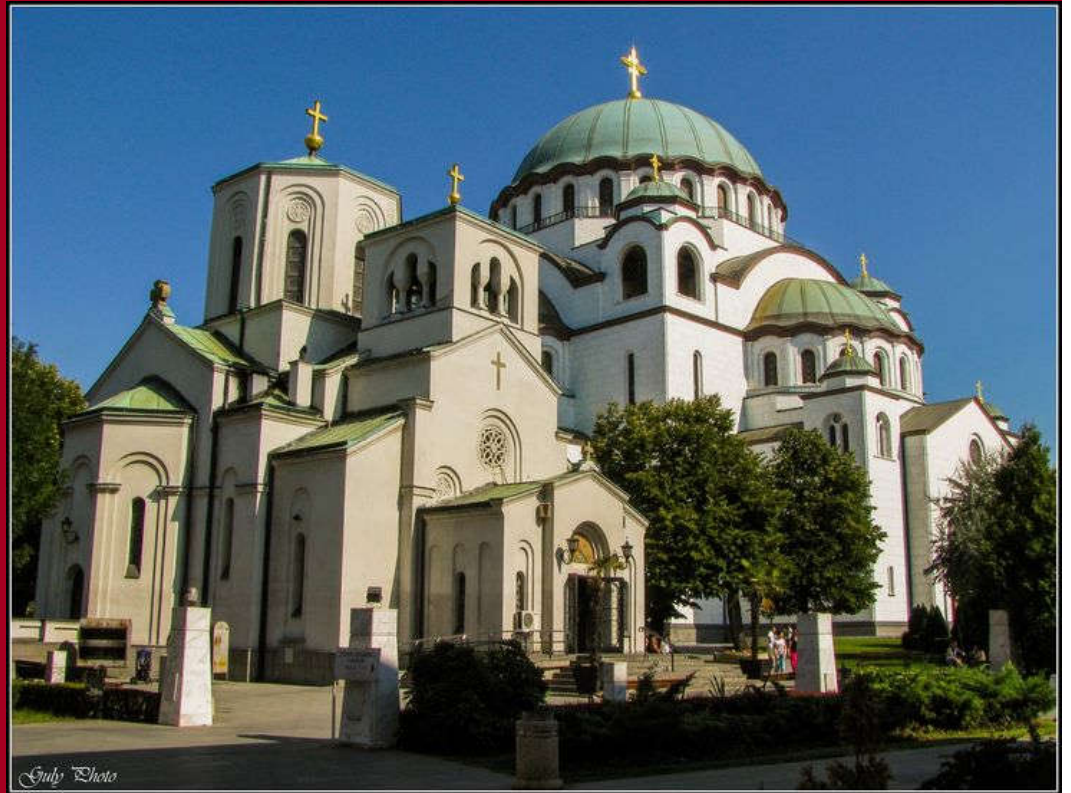


**I will sing to the Lord
As long as I live;
I will sing praises to my God
While I have being.**

— Psalm 104:33

**I will declare Thy Name
Unto my brethren.
In the midst of the Church
Will I sing praise to Thee.**

— Hebrews 2:12



**Psalmody, bringing about choral singing,
A bond, as it were, toward unity, and
Joining people into a harmonious
Union of one choir, produces also the
Greatest of blessings: Love.**

— St. Basil the Great



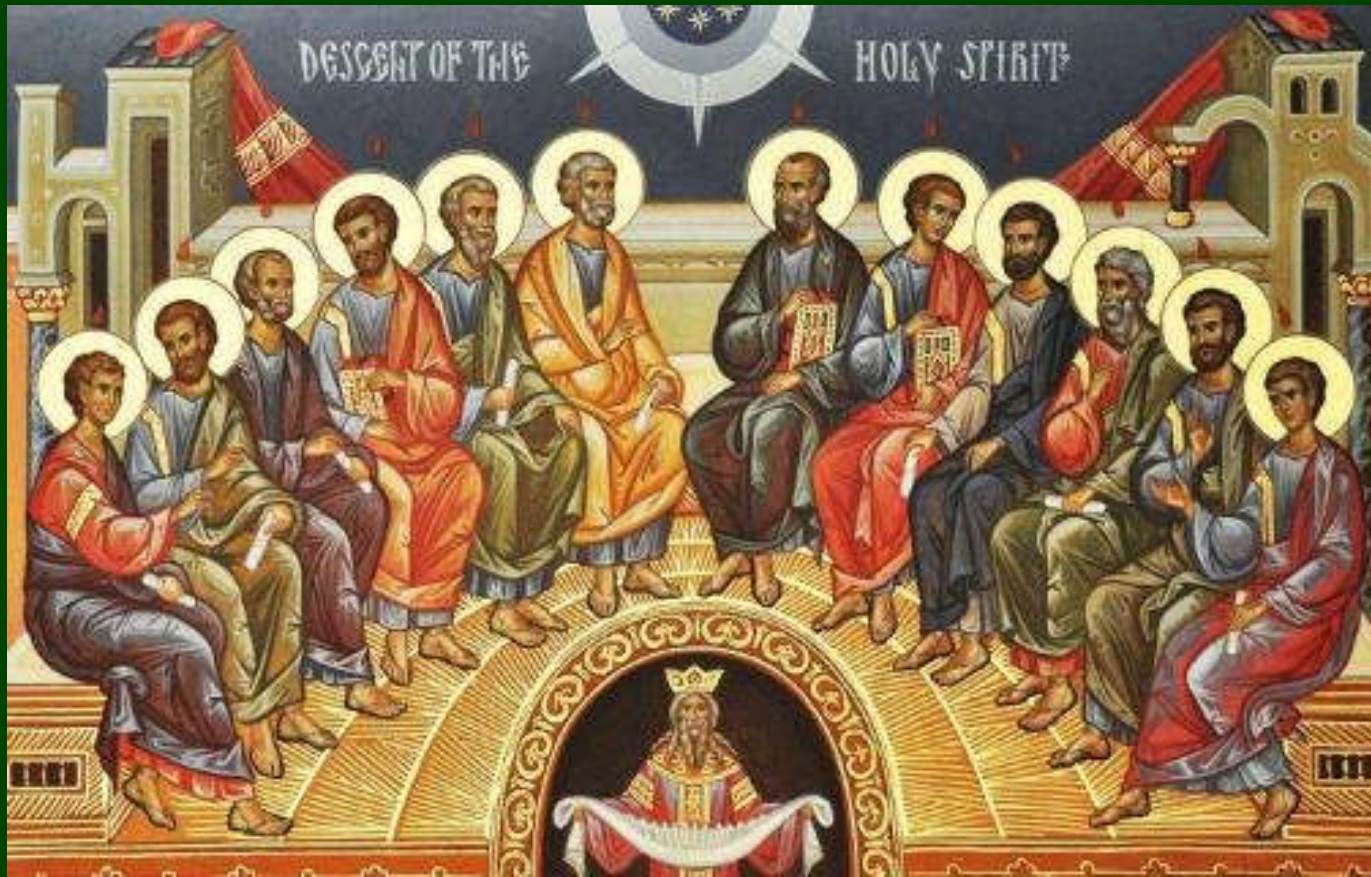


**Praise the Lord!
Sing to the Lord a new song!
His praise in the
Assembly of the saints.
— Psalm 109**

**O come, let us sing unto the Lord;
Let us make a joyful noise
To the Rock of our Salvation.**

— Psalm 93:1





**I will sing with the Spirit, and
I will sing with understanding.**

— I Corinthians 14:15

**O Son of God,
Risen from the dead,
Save us who sing
Alleluia to You.**



— 2nd Antiphon of the Divine Liturgy