170 Let my supplication come before thee; deliver me according to thy word.
171 My lips will pour forth praise that thou dost teach me thy statutes.

21. "Arise, You Who bestow Life!" the **Mo**ther who has borne You through **flow**ing **tears** entreats You.

172 My tongue will sing of thy word, for all thy commandments are right. 173 Let thy hand be ready to help me, for I have chosen thy precepts.

22. The **powers** of the **Hea**vens stood **up** in fear and **won**der when **they** be**held** You **life**less.

174 I long for thy salvation, O LORD, and thy law is my delight.

23. **Ear**ly in the **morn**ing **wo**men bearing **myrrh** came to **sprin**kle **You** with **spices**. (3 times)

175 Let me live, that I may praise thee, and let thy ordinances help me.

24. **By** Your Resurrection grant **peace** upon Your **church**es and **to** Your **flock** salvation.

176 I have gone astray like a lost sheep; seek thy servant, for I do not forget thy commandments.

25. My **God**, Who are three **Per**sons, **Fa**ther, Son, and **Spi**rit, on **all** the **world** have **mer**cy.

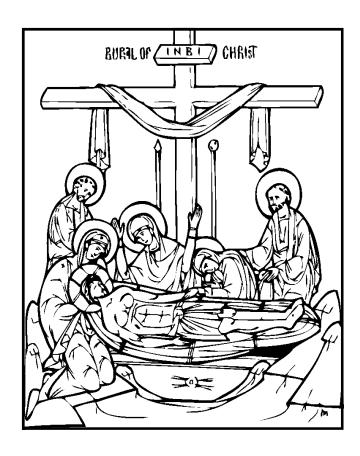
Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

- 26. **Deem** your servants **worth**y, O **Vir**gin, to bear **wit**ness at **your** Son's **Re**surrection.
- Every generation
   offers adoration,
   my Christ, at Your entombment.

The translation has been arranged to match the Greek text in number of syllables and location of accented syllables. Therefore, they should work equally well with any musical arrangement.

# The Lamentations Before the Holy Sepulcher

From Holy Saturday Orthros



English Translation by N. Takis

Dedicated to His Eminence Metropolitan Maximos of Pittsburgh

# THE LAMENTATIONS of Holy Saturday Orthros

KATHISMA 17 Psalm 119 (118)

#### **FIRST STASIS**

Plagal First Tone

Blessed art Thou, O Lord: teach me Thy statutes.

1 Blessed are those whose way is blameless, who walk in the law of the LORD! 2 Blessed are those who keep his testimonies, who seek him with their whole heart, 3 who also do no wrong, but walk in his ways!

 In a grave they laid You, yet, O Christ, You are Life, and the armies of the angels beheld amazed, giving glory that You chose to condescend.

4 Thou hast commanded thy precepts to be kept diligently. 5 O that my ways may be steadfast in keeping thy statutes! 6 Then I shall not be put to shame, having my eyes fixed on all thy commandments.

2. How, O Life, do You die? How do You live entombed, for you slashed through all the bonds in the realm of death, and have raised the dead in Hades from their graves?

7 I will praise thee with an upright heart, when I learn thy righteous ordinances. 8 I will observe thy statutes; O forsake me not utterly! 9 How can a young man keep his way pure? By guarding it according to thy word.

We, O Lord, exalt You,
 O Christ Jesus, our King,
 and we venerate Your Passion and burial
 through which You have brought redemption from our sins.

10 With my whole heart I seek thee; let me not wander from thy commandments! 11 I have laid up thy word in my heart, that I might not sin against thee. 12 Blessed be thou, O LORD; teach me thy statutes!

14. Death to Death You render, through Your divine dominion, My God, by Your own dying.

158 I look at the faithless with disgust, because they do not keep thy commands. 159 Consider how I love thy precepts! Preserve my life according to thy steadfast love.

15. **Foiled** is the De**ceiver**; Re**deemed** is the de**ceived** one, my **God**, by **Your** great **wis**dom.

160 The sum of thy word is truth; and every one of thy righteous ordinances endures for ever. 161 Princes persecute me without cause, but my heart stands in awe of thy words.

16. My God and my Creator, the King of all, and God's Son, how have You borne Your Passion?

162 I rejoice at thy word like one who finds great spoil. 163 I hate and abhor falsehood, but I love thy law.

17. Beholding You suspended upon the tree, the Mother cried to her Calf in anguish.

164 Seven times a day I praise thee for thy righteous ordinances. 165 Great peace have those who love thy law; nothing can make them stumble.

18. "My **sweet**est Son, most **pre**cious, the **Light** of mine eyes **hid**den! How **can** a **tomb** con**ceal** You?"

166 I hope for thy salvation, O LORD, and I do thy commandments. 167 My soul keeps thy testimonies; I love them exceedingly.

19. "My **Son**, I offer **glo**ry for **Your** supreme compassion which **causes You** to **suf**fer."

168 I keep thy precepts and testimonies, for all my ways are before thee. 169 Let my cry come before thee, O LORD; give me understanding according to thy word!

20. Arise, O Lord of Mercy, and with You, also raise us who linger deep in Hades.

144 Thy testimonies are righteous for ever; give me understanding that I may live. 145 With my whole heart I cry; answer me, O LORD! I will keep thy statutes.

8. **Ig**norance most **fool**ish! **They** who slew the **proph**ets have **come**, O **Christ**, to **slay** You.

146 I cry to thee; save me, that I may observe thy testimonies. 147 I rise before dawn and cry for help; I hope in thy words.

Mindless as a servant,
 he who learned the myst'ries
 betraved the Depths of Wisdom.

148 My eyes are awake before the watches of the night, that I may meditate upon thy promise. 149 Hear my voice in thy steadfast love; O LORD, in thy justice preserve my life.

He who sold the Savior,
 Judas the Betrayer,
 has sold himself as captive.

150 They draw near who persecute me with evil purpose; they are far from thy law. 151 But thou art near, O LORD, and all thy commandments are true.

11. With **help** from Nico**de**mos, **Jo**seph tends the **Bo**dy as **does** be**fit** the **Mas**ter.

152 Long have I known from thy testimonies that thou hast founded them for ever. 153 Look on my affliction and deliver me, for I do not forget thy law.

12. You are my sweetest Springtime, My sweetest Son, I ask You, "Where has Your beauty faded?"

154 Plead my cause and redeem me; give me life according to thy promise! 155 Salvation is far from the wicked, for they do not seek thy statutes.

13. When **she** beheld You **life**less, O **Word**, Your all-pure **Mo**ther cried **out** in **la**men**ta**tion.

156 Great is thy mercy, O LORD; give me life according to thy justice. 157 Many are my persecutors and my adversaries, but I do not swerve from thy testimonies. You have set the measures
 of the earth, yet this day
 in a narrow tomb now dwell, Jesus, King of all,
 Who have raised those who were dead up from their tombs.

13 With my lips I declare all the ordinances of thy mouth. 14 In the way of thy testimonies I delight as much as in all riches. 15 I will meditate on thy precepts, and fix my eyes on thy ways.

5. O my own Christ Jesus, You are King of the world. Why have You come down to Hades to seek the dead? Is it not to set the race of mortals free?

16 I will delight in thy statutes; I will not forget thy word. 17 Deal bountifully with thy servant, that I may live and observe thy word. 18 Open my eyes, that I may behold wondrous things out of thy law.

He Who is the Master
 of creation appears
 as a corpse and lies entombed in a fresh-hewn grave,
 though He emptied every gravesite of its dead.

19 I am a sojourner on earth; hide not thy commandments from me! 20 My soul is consumed with longing for thy ordinances at all times. 21 Thou dost rebuke the insolent, accursed ones, who wander from thy commandments;

 In a grave they laid You, yet, O Christ, You are Life.
 By Your death You have abolished the realm of death, and upon the world have poured down streams of Life.

22 take away from me their scorn and contempt, for I have kept thy testimonies. 23 Even though princes sit plotting against me, thy servant will meditate on thy statutes. 24 Thy testimonies are my delight, they are my counselors.

 Fairer in His beauty, than all creatures on earth, He is seen now lying lifeless, His beauty gone, yet all beauty in creation springs from Him. 25 My soul cleaves to the dust; revive me according to thy word! 26 When I told of my ways, thou didst answer me; teach me thy statutes! 27 Make me understand the way of thy precepts, and I will meditate on thy wondrous works.

 O my own sweet Jesus, Saving Light of the world, can the darkness of the grave hide Your Light within? Neither thought nor word can say what You have borne.

28 My soul melts away for sorrow; strengthen me according to thy word! 29 Put false ways far from me; and graciously teach me thy law! 30 I have chosen the way of faithfulness, I set thy ordinances before me.

 Neither Nature's reason, nor the angels, O Christ, grasp the mystery enfolding Your burial, beyond all our understanding and all words.

31 I cleave to thy testimonies, O LORD; let me not be put to shame! 32 I will run in the way of thy commandments when thou enlargest my understanding! 33 Teach me, O LORD, the way of thy statutes; and I will keep it to the end.

11. Although **you** were **hid**den in the **depths** of a **tomb**, in the **bos**om of the **Fa**ther you **still** remained, a true **won**der and great **mir**acle, O **Christ**.

34 Give me understanding, that I may keep thy law and observe it with my whole heart. 35 Lead me in the path of thy commandments, for I delight in it. 36 Incline my heart to thy testimonies, and not to gain!

12. All creation **knew** well that you, **Je**sus, in **truth**, are the **King** of all the **hea**vens and **all** the earth, though you **now** are hidden **in** a narrow **tomb**.

37 Turn my eyes from looking at vanities; and give me life in thy ways. 38 Confirm to thy servant thy promise, which is for those who fear thee.

39 Turn away the reproach which I dread; for thy ordinances are good.

#### THIRD STASIS

Third Tone

Every generation
 offers adoration,
 my Christ, at Your entombment.

132 Turn to me and be gracious to me, as is thy wont toward those who love thy name. 133 Keep steady my steps according to thy promise, and let no iniquity get dominion over me.

2. **The** Arimathean from the Cross has brought You and in the tomb has laid You.

134 Redeem me from man's oppression, that I may keep thy precepts. 135 Make thy face shine upon thy servant, and teach me thy statutes.

 Anxiously the women carry myrrh and spices, my Christ, to lay before You.

136 My eyes shed streams of tears, because men do not keep thy law. 137 Righteous art thou, O LORD, and right are thy judgments.

4. **Come** with all creation, and **of**fer hymns of **mourn**ing to **hon**or **our** Creator.

138 Thou hast appointed thy testimonies in righteousness and in all faithfulness. 139 My zeal consumes me, because my foes forget thy words.

 As women bearing myrrh did, let us in our awareness anoint as dead the Living.

140 Thy promise is well tried, and thy servant loves it. 141 I am small and despised, yet I do not forget thy precepts.

 Three-times blessed Joseph, you shall tend the Body of Christ, Who has bestowed Life.

142 Thy righteousness is righteous for ever, and thy law is true. 143 Trouble and anguish have come upon me, but thy commandments are my delight.

7. **Those** He fed with **man**na have **raised** their heels to **spurn** Him from **Whom** all **things** are **given**.

#### 20. Weeping bitter tears,

Your pure **Mo**ther mourned to see You **life**less **ly**ing in the **tomb**, yet You **are**, O Word, the in**eff**able and **everlasting God**.

126 It is time for the LORD to act, for thy law has been broken.
127 Therefore I love thy commandments above gold, above fine gold.

#### 21. Witness to Your death,

through her **bit**ter tears Your all-pure **Mo**ther **weep**ing, cried a**loud** unto **You**, O Christ: "Do not **lin**ger with the **dead**, for You are **Life!**"

128 Therefore I direct my steps by all thy precepts; I hate every false way. 129 Thy testimonies are wonderful; therefore my soul keeps them.

#### 22. Singing hymns. O Christ,

all the **faith**ful now sound forth the **praises of** Your cruci**fix**ion and **bur**ial
for by **Your** entombment **we** are freed from **death**.

130 The unfolding of thy words gives light; it imparts understanding to the simple. 131 With open mouth I pant, because I long for thy commandments.

### 23. God beyond all time,

with the **Word** and Spirit everlasting! **strength**en every **scep**ter, O **right**eous Lord, of the **Or**thodox against our every **foe**!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

#### 24. Life was born of you

who are **ho**ly and most pure, O **Vir**gin. **Grant** your church protection from all dissent and reward us with the **bless**ing of your **peace**.

#### 1. Truly it is right

that we **mag**nify You Who be**stow** Life, **Who** upon the **Cross** with Your **out**spread Hands have de**feat**ed all the **pow**er of the **foe**.

13. O my Life and Savior, you descended in death, where You walked among the dead, and then You arose from corruption, and you crushed the bars of hell.

40 Behold, I long for thy precepts; in thy righteousness give me life!
41 Let thy steadfast love come to me, O LORD, thy salvation according to thy promise; 42 then shall I have an answer for those who taunt me, for I trust in thy word.

14. You came down, O Master, to save Adam from sin, but not finding him on earth, You descended then to the depths of Hades searching for him there.

43 And take not the word of truth utterly out of my mouth, for my hope is in thy ordinances. 44 I will keep thy law continually, for ever and ever; 45 and I shall walk at liberty, for I have sought thy precepts.

### 15. As the **set**ting **sun** hides

'neath the **Earth** in the **night**,
You O **Sav**ior are **concealed** by the **night** 

You, O **Sav**ior, are **concealed** by the **night** of death. Rise **again** and shine more **bright**ly than the **dawn**.

46 I will also speak of thy testimonies before kings, and shall not be put to shame; 47 for I find my delight in thy commandments, which I love. 48 I revere thy commandments, which I love, and I will meditate on thy statutes.

16. As the sun's bright circle is eclipsed by the moon, You, O Savior, have been hidden ins

You, O **Sav**ior, have been **hid**den inside the **grave** and your **Bod**y is **eclipsed** now by the **tomb**.

49 Remember thy word to thy servant, in which thou hast made me hope.

50 This is my comfort in my affliction that thy promise gives me life.

51 Godless men utterly deride me, but I do not turn away from thy law.

### 17. You, the joy of angels,

are the **cause** of their **grief**, as they **look** upon You, **Sav**ior, dead in the **flesh**, and in **sor**row they be**hold** a lifeless **corpse**.

52 When I think of thy ordinances from of old, I take comfort, O LORD. 53 Hot indignation seizes me because of the wicked, who forsake thy law. 54 Thy statutes have been my songs in the house of my pilgrimage.

# 18. Joy beyond all measure and abounding delight, You brought down to those in Hades when You arose, shining forth as lightning in its gloomy depths.

55 I remember thy name in the night, O LORD, and keep thy law. 56 This blessing has fallen to me, that I have kept thy precepts.

57 The LORD is my portion; I promise to keep thy words.

## 19. I revere Your passion,

Your entombment I praise, and I magnify Your might, Loving Friend of man; they have ransomed me from passions that corrupt.

58 I entreat thy favor with all my heart; be gracious to me according to thy promise. 59 When I think of thy ways, I turn my feet to thy testimonies; 60 I hasten and do not delay to keep thy commandments.

20. When Your **mo**ther **saw** you brought to **slaugh**ter, O **Lamb**, she was **stabbed** with painful **tor**ment; her **anguished** sobs called the **flock** to join her **bit**ter cries of **grief**.

61 Though the cords of the wicked ensnare me, I do not forget thy law.62 At midnight I rise to praise thee, because of thy righteous ordinances.63 I am a companion of all who fear thee, of those who keep thy precepts.

# 21. "Woe is **me**!" the **Vir**gin mourned through **heart**-breaking **sobs**. "You are, **Je**sus, my most **pre**cious, be**lov**ed Son! Gone is **my** light, and the **Light** of all the **world**!"

64 The earth, O LORD, is full of thy steadfast love; teach me thy statutes. 65 Thou hast dealt well with thy servant, O LORD, according to thy word. 66 Teach me good judgment and knowledge, for I believe in thy commandments.

#### 15. **Suf**fering in **pain**,

You, O Word, had neither form nor beauty, but by Your arising, Your beauty shines, and Your holy rays adorn all those on earth.

115 Depart from me, you evildoers, that I may keep the commandments of my God. 116 Uphold me according to thy promise, that I may live, and let me not be put to shame in my hope! 117 Hold me up, that I may be safe and have regard for thy statutes continually!

#### 16 Sun and moon as one

turned to darkness in their sorrow, Savior, and like faithful servants, they wore their grief, when they wrapped themselves in blackness like a shroud.

118 Thou dost spurn all who go astray from thy statutes; yea, their cunning is in vain. 119 All the wicked of the earth thou dost count as dross; therefore I love thy testimonies.

#### 17. Never-setting Star,

You descended in the flesh below ground, and the Sun grew dark at the height of noon, for it could not bear to separate from You.

120 My flesh trembles for fear of thee, and I am afraid of thy judgments. 121 I have done what is just and right; do not leave me to my oppressors.

### 18. Sleeping just a while,

to the **dead**, O loving Lord, you **brought** life, **and** by Your a**ris**ing, You **also** raised those a**sleep** from the be**gin**ning of all **time**.

122 Be surety for thy servant for good; let not the godless oppress me. 123 My eyes fail with watching for thy salvation, and for the fulfilment of thy righteous promise.

# 19. Struck with fear, the sun saw Your light invisible as You lay lifeless and concealed in the grave, my Christ, and it shuddered and relinquished its own light.

124 Deal with thy servant according to thy steadfast love, and teach me thy statutes. 125 I am thy servant; give me understanding, that I may know thy testimonies!

#### 10. **Sun** of Righteousness,

You have **set** below the earth, O **Sav**ior, **while** the moon, Your **Moth**er, eclipsed by grief, mourns that **nev**er shall she **look** on you a**gain**.

100 I understand more than the aged, for I keep thy precepts. 101 I hold back my feet from every evil way, in order to keep thy word. 102 I do not turn aside from thy ordinances, for thou hast taught me.

#### 11. **Following the night**,

like a **bride**groom coming from a **cham**ber, **once** again the **Sun** blazes **forth** its light. Now arise, O Word, in **glory** after **death**.

103 How sweet are thy words to my taste, sweeter than honey to my mouth! 104 Through thy precepts I get understanding; therefore I hate every false way. 105 Thy word is a lamp to my feet and a light to my path.

#### 12. Fearfully the earth

took Your **bo**dy in her bosom, **Sav**ior. **Hold**ing her Creator, she **quaked** in fear, and awakened those who lay dead in their tombs.

106 I have sworn an oath and confirmed it, to observe thy righteous ordinances. 107 I am sorely afflicted; give me life, O LORD, according to thy word! 108 Accept my offerings of praise, O LORD, and teach me thy ordinances.

#### 13. **Stone** that man has **hewn**

now conceals the Stone of Life's Foundation; mortal men entomb God as mortal man, causing you, O earth, to tremble in dismay.

109 I hold my life in my hand continually, but I do not forget thy law. 110 The wicked have laid a snare for me, but I do not stray from thy precepts.111 Thy testimonies are my heritage for ever; yea, they are the joy of my heart.

#### 14. "Child of mine, behold

Your belov'd disciple and Your mother."
"Grant that I might hear Your sweet voice again!"
Your pure Mother called through flowing tears to You.

112 I incline my heart to perform thy statutes for ever, to the end. 113 I hate double-minded men, but I love thy law. 114 Thou art my hiding place and my shield; I hope in thy word.

### 22. "God and Word eternal, O my Gladness and Joy! How shall I endure Your three days inside the tomb when my heart is breaking with a mother's grief?"

67 Before I was afflicted I went astray; but now I keep thy word. 68 Thou art good and doest good; teach me thy statutes. 69 The godless besmear me with lies, but with my whole heart I keep thy precepts;

23. "Who will **give** me **water**, and a **fountain** of **tears**," cried the **Vir**gin Bride of **God** in her **deep** despair, "that in **grief** for my sweet **Jesus** I might **weep?**"

70 their heart is gross like fat, but I delight in thy law. 71 It is good for me that I was afflicted, that I might learn thy statutes. 72 The law of thy mouth is better to me than thousands of gold and silver pieces.

24. We will **sing** Your **praises**, Word and **God** of all **things**, with Your **Fa**ther and Your **Ho**ly Spirit You are **praised**, and we **glor**ify Your **bur**ial divine.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

- 25. You are known as blessed, Theotokos, most pure. With our faithful hearts we honor the burial suffered three days by your Son, Who is our God.
- In a grave they laid You, yet, O Christ. You are Life, and the armies of the angels beheld amazed, giving glory that You chose to condescend.

#### **SECOND STASIS**

 Truly it is right that we magnify You Who bestow Life, Who upon the Cross with Your outspread Hands

have defeated all the power of the foe.

73 Thy hands have made and fashioned me; give me understanding that I may learn thy commandments. 74 Those who fear thee shall see me and rejoice, because I have hoped in thy word. 75 I know, O LORD, that thy judgments are right, and that in faithfulness thou hast afflicted me.

#### 2. Truly it is right

that we **mag**nify You, our Creator; **through** Your pain have **we** been released from pain, and from **all** corruption **we** have been set **free**.

76 Let thy steadfast love be ready to comfort me according to thy promise to thy servant. 77 Let thy mercy come to me, that I may live; for thy law is my delight. 78 Let the godless be put to shame, because they have subverted me with guile; as for me, I will meditate on thy precepts.

 All the earth did shake and the sun concealed itself in darkness when they set Your body into the tomb, Christ, the Savior and the never-setting Sun.

79 Let those who fear thee turn to me, that they may know thy testimonies. 80 May my heart be blameless in thy statutes, that I may not be put to shame! 81 My soul languishes for thy salvation; I hope in thy word.

 You have slept, O Christ, in the tomb a slumber that revives life, by this sleep arousing humanity, waking mankind from the heavy sleep of sin.

82 My eyes fail with watching for thy promise; I ask, "When wilt thou comfort me?" 83 For I have become like a wineskin in the smoke, yet I have not forgotten thy statutes. 84 How long must thy servant endure? When wilt thou judge those who persecute me?

"Free from pain, my Child,
I, alone among all women, bore you."
 said Your modest Mother with humble voice.
 "Now Your passion brings more pain than I can bear."

85 Godless men have dug pitfalls for me, men who do not conform to thy law. 86 All thy commandments are sure; they persecute me with falsehood; help me! 87 They have almost made an end of me on earth; but I have not forsaken thy precepts.

 Women bearing myrrh brought their spices to anoint your Body, yet You are the true, never-fading Myrrh and are verily, O Lord, the living God.

88 In thy steadfast love spare my life, that I may keep the testimonies of thy mouth. 89 For ever, O LORD, thy word is firmly fixed in the heavens. 90 Thy faithfulness endures to all generations; thou hast established the earth, and it stands fast.

#### 7. **Star** of Righteousness,

You have **gone** beneath the earth and **raised** up **as** though from their **slum**ber, those **who** lay dead, and the **gloom**y dark of **Ha**des you dispersed.

91 By thy appointment they stand this day; for all things are thy servants. 92 If thy law had not been my delight, I should have perished in my affliction. 93 I will never forget thy precepts; for by them thou hast given me life.

 "Torn apart am I, and my womb, O Word, is wrenched within me as Your unjust slaughter assaults my eyes," cried the Mother to her Son through bitter tears.

94 I am thine, save me; for I have sought thy precepts. 95 The wicked lie in wait to destroy me; but I consider thy testimonies. 96 I have seen a limit to all perfection, but thy commandment is exceedingly broad.

 "Eyes that are so sweet, and Your lips, O Word, how shall I close them?" Joseph cried appalled, trembling in dismay. "How shall I entomb You as befits the dead?"

97 Oh, how I love thy law! It is my meditation all the day. 98 Thy commandment makes me wiser than my enemies, for it is ever with me. 99 I have more understanding than all my teachers, for thy testimonies are my meditation.