

# THE PASCHAL HOURS



*The Paschal Hours are sung (or read) in place of the usual morning and evening prayers during Bright Week. This short and joyous rule of prayer is meant to give us rest and refreshment from the labors of Great Lent, while preserving the spiritual joy of Pascha and helping us avoid falling into distraction, spiritual apathy, or gluttony during the week's festivities.*

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.

## **Paschal Troparion**

Christ is risen from the dead  
Trampling down death by death  
and upon those in the tombs bestowing life! (3 times)

## **Sticheron, Tone 6**

Having beheld the Resurrection of Christ,  
Let us worship the Holy Lord Jesus,  
The Only Sinless One.  
We venerate Thy Cross, O Christ,  
And we praise and glorify Thy Holy Resurrection,  
For Thou art our God,  
And we know no other than Thee;  
We call on Thy Name.  
Come, all ye faithful,  
Let us venerate Christ's Holy Resurrection,  
For behold, through the Cross, joy has come into all the world!  
Let us ever bless the Lord,  
Praising His Resurrection,  
For by enduring the Cross for us,  
He has destroyed death by death! (3 times)

## **Hypakoē, Tone 4** (Sometimes sung in Tone 8)

Before the dawn, Mary and the women  
Came and found the stone rolled away from the tomb.  
They heard the angelic voice: "Why do you seek among the dead as a man  
The One who is everlasting light?  
Behold the clothes in the grave; go and proclaim to the world:  
The Lord is risen; He has slain death  
As He is the Son of God, saving the race of man."

## **Kontakion, Tone 8**

Thou didst descend into the tomb, O Immortal!  
Thou didst destroy the power of death!  
In victory didst Thou arise, O Christ God,  
Proclaiming "Rejoice!" to the Myrrh-Bearing Women,  
Granting peace to Thine Apostles and bestowing resurrection on the fallen!

### **Troparia, Tone 8**

In the tomb with the body; in Hades with the soul as God;  
In Paradise with the thief, and on the throne with the Father and the Spirit  
Wast Thou, O boundless Christ, filling all things!

Glory to the Father and to the Son and to the Holy Spirit.

Bearing life and more fruitful than Paradise  
Brighter than any royal chamber:  
Thy Tomb, O Christ, is the fountain of our resurrection!

Now and ever and unto ages of ages, amen.

Rejoice, O holy and divine abode of the Most High  
For through thee, O Theotokos, joy is given to those who cry:  
“Blessèd art thou among women, O all-undefiled Lady!”

Lord, have mercy. (*40 times*)

*“More honorable than the Cherubim. . . ” or:*

Shine, shine, O New Jerusalem!  
The glory of the Lord has shone on thee!  
Exult now, exult  
And be glad, O Zion!  
Be radiant, O Pure Theotokos  
In the Resurrection  
The Resurrection of thy Son!

*When using Paschal Hours as evening prayers, we add the following prayer of St. Basil:*

Blessed art Thou, O Lord Almighty, who hast illumined the day with sunlight and hast cheered and brightened the night with the light of fire, who hast granted us to pass the course of the day and to approach the threshold of night: hear our petitions and those of all Thy people, and pardoning all our sins both voluntary and involuntary, accept our evening supplications, and send down the abundant mercy of Thy compassions upon Thine inheritance. Defend us with Thy holy angels Arm us with the armor and the weapons of justice. Build for us a bulwark of Thy truth. Keep Thy watch over us by Thy power. Deliver us from every danger and from every plot of the adversary. Grant that this present evening and the coming night and all the days of our life may be perfect, holy, peaceful, and sinless, without stumbling and vain fantasy: through the prayers of the holy Theotokos and of all the Saints who from the ages have been well-pleasing to Thee. Amen.

### **Paschal Troparion**

Christ is risen from the dead  
Trampling down death by death  
and upon those in the tombs bestowing life! (*3 times*)

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us.  
Amen.

*Text adapted from Orthodox Christian Prayers, published by St. Tikhon’s Press.  
Glory to God for all things!*