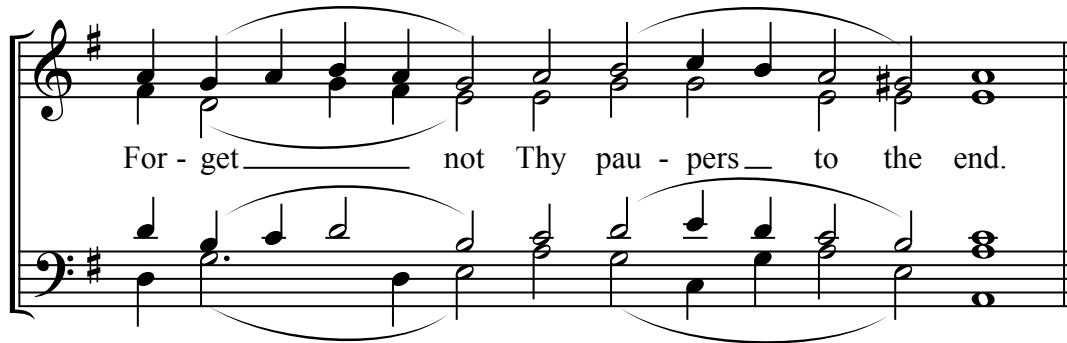


# 1st Sunday of Lent

## The 4th Sticheron of the Praises, Tone 6

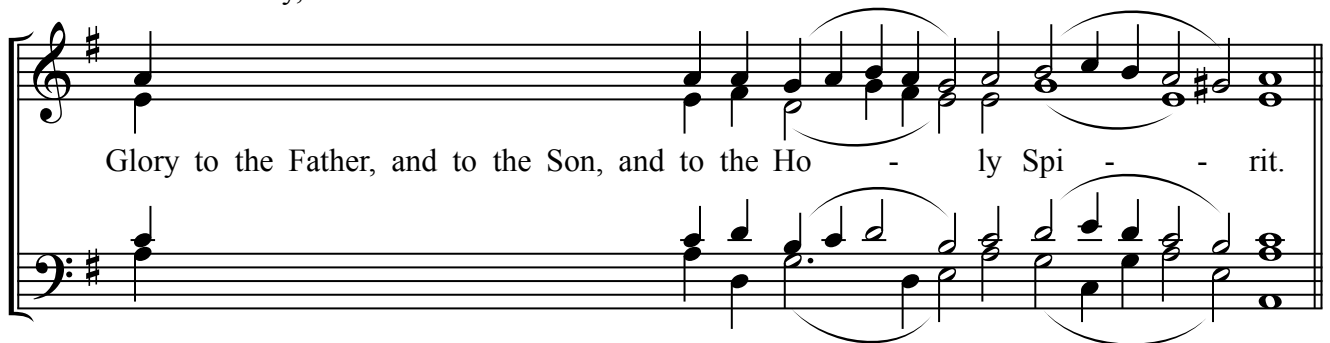
*Reader:* In the 6th tone - Arise, O Lord my God, let Thy hand be lifted high;



For - get not Thy pau - pers to the end.

Moses, in the season of abstinance, /  
received the Law and proclaimed it to the people. /  
Elijah by fasting closed the heavens; /  
and the three children of Abraham through fasting overcame the lawless tyrant. /  
count us also worthy, O Christ, /  
through fasting to attain the feast of the Resurrection, as we cry aloud: //  
Holy God, Holy Mighty, Holy Immortal, have mercy on us.

*Reader:* Glory, in the same tone:



Glory to the Father, and to the Son, and to the Ho - ly Spi - rit.

*(repeat above sticheron: "Moses, in the season of abstinance...")*