After the Proemial Psalm (103) and the Great Litany, immediately we sing "Lord I have cried...". (We do not sing "Blessed is the man...")

Stichera on "Lord I have cried", Tone 6
Kievan Chant

(10) Reader: Bring my soul out of prison

That I may confess Thy name.

The Lord ascended into heaven, that He might send the Comforter to the world. The heavens prepared His throne; the clouds His ascent.

The angels marvelled, beholding a Man more exalted than they. The Father
awaiteth the Co-eternal One Whom He hath in His bosom; and the Holy Spirit commandeth all His angels: Lift up your gates, O ye princes! All the nations clap your hands, for Christ hath gone up to where He was before.

(9) Reader: The righteous shall wait patiently for me

Until Thou shalt reward me.

Repeat: "The Lord ascended into heaven..."
(8) Reader: Out of the depths have I cried unto Thee, O Lord;

The cherubim marvelled at Thine ascension, O Lord, /
beholding Thee, O God Who sittest upon them, ascending upon clouds; /
and we glorify Thee, for Thy mercy is good.  //
Glory to Thee!

(7) Reader: Let Thine ears be attentive

Repeat: "The cherubim marvelled at Thine ascension..."
(6) Reader: If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand?

Beholding Thine ascension upon the holy mountains, O Christ, /
Thou Effulgence of the glory of the Father, /
we hymn the radiant form of Thy countenance, /
we worship Thy sufferings, /
and we honor Thy resurrection, /
glorifying Thy glorious ascension. //
Have mercy on us!

(5) Reader: For Thy name's sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word,

Repeat: "Beholding Thine ascension upon the holy mountains, O Christ..."
(4) Reader: From the morning watch until night, from the morning watch

Let Israel hope in the Lord.

O Lord, as the apostles saw Thee upborne upon clouds, /
filled with sorrow and lamenting /
with tearful lamentations, they said, /
O Christ Bestower of life: /
Leave not us Thy servants orphaned, /
whom Thou didst love in Thy lovingkindness, /
in that Thou art compassionate, O Master; /
and as thou didst promise, //
send down upon us Thine all-holy Spirit, Who enlighteneth our souls.

(3) Reader: For with the Lord there is mercy, and with Him is plenteous redemption;

And He shall redeem Israel out of all his iniquities.

Repeat: "O Lord, as the apostles saw Thee upborne upon clouds..."
(2) Reader: O praise the Lord, all ye nations;

Praise Him all ye peoples.

Having completed the mystery of Thy dispensation, O Lord, /
taking Thy disciples up the Mount of Olives, Thou didst ascend; /
and behold, Thou didst pass through the firmament of heaven, /
O Thou Who for my sake didst become poor like me; /
and having gone up to where Thou hadst never left, /
Thou didst send forth Thy most Holy Spirit, //
Who enlighteneth our souls.

(1) Reader: For He hath made His mercy to prevail over us,

And the truth of the Lord abideth forever.

Repeat: "Having completed the mystery of Thy dispensation, O Lord..."
Reader: Glory, both now, in the same tone.

O sweetest Jesus, /  
Who wast not separated from the bosom of the Father, /  
and as a man didst dwell with men, /  
Thou didst ascend in glory from the Mount of Olives; /  
and mercifully bearing our fallen nature aloft, /  
Thou didst set it next to the Father. /  
Wherefore, the heavenly ranks of the incorporeal beings, /  
marvelling at the miracle, were stricken with awe, /  
and seized with trembling, magnified Thy love for mankind. /  
With them we who are on earth, /  
glorifying Thy condescension toward us /  
and Thine ascension from us, pray, saying: /  
O Thou Who by Thine ascension /  
didst fill with immeasurable joy the disciples /  
and the Theotokos who bore Thee, /  
through their supplications /  
vouchsafe us also the joys of Thine elect, //  
for the sake of Thy great mercy.