1st Friday Evening of Great Lent
Vespers with Pre-sanctified Liturgy

At "Lord I have cried...", - In the 5th Tone, 10 stichera, beginning with the following:

(10) Reader: Bring my soul out of prison

That I may confess Thy name.

Come, ye faithful, and in the light let us perform the works of God;

let us walk honestly as in the day. Let us cast away every unjust accusation against our neighbor, not placing any cause of stumbling...
stumbling in his path. Let us lay aside the pleasures of the flesh, and increase the spiritual gifts of our soul. Let us give bread to those in need, and let us draw near unto Christ crying in penitence: O our God, have mercy on us.

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

Until Thou shalt reward me.

< Repeat: "Come, ye faithful..."
Come, all ye who love the martyrs, / 
let us rejoice in spirit and keep festival. / 
For today Theodore the martyr has set before us a table / 
laden with mystic food, / 
bringing joy to all of us who gladly celebrate his memory. / 
Unto him we cry: / 
Rejoice, victorious champion, / 
who has trampled underfoot the tyrants' threats. / 
Rejoice, thou who gavest thy body of clay to torture / 
for the sake of Christ our God. / 
Rejoice, thou who hast shown thyself, in manifold tribulations, / 
a tested warrior of the heavenly host. // 
O glory of the martyrs, we entreat thee to pray for 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.

The God-given grace of thy miracles, /
O martyr Theodore, /
thou dost grant to all who turn to thee in faith. /

We therefore praise thee, saying: /

Thou dost deliver prisoners and heal the sick; /

thou givest riches to the poor and guardest those who sail the seas. /
Thou restrainest slaves from useless flight, /
and showest robbers what their punishment will be; /

thou teachest soldiers to abstain from plunder. /

In thy loving compassion thou dost grant the prayers of children, /
and thou art the fervent protector of all who keep thy holy memory. /

With them we also sing the praises of thy martyrdom, O saint of God: //
pray to Christ that He may show us His great mercy.
O martyr Theodore, thou art a matchless gift from God: / 
for after thy death as during thy lifetime, / 
thou dost grant the petitions of those who turn to thee. / 
Thus once it happened that the son of a poor widow / 
was carried off by soldiers of another faith; / 
and she came weeping to thy shrine. / 
Mounted upon a white horse, in loving compassion / 
thou hast defended her child with thine invisible protection. / 
And now as then, thou dost never cease from working wonders: // 
pray to Christ our God, for the salvation of our souls.
(1) Reader: For He hath made his mercy to prevail over us,

And the truth of the Lord abideth for ever.

O thrice-blessed Theodore, I honor thee: /
rightly art thou named 'Gift from God'. /
for thou hast shown thyself to be a never-setting star of divine Light, /
and through thy sufferings thou dost shine on all the world. /
Proving thyself stronger than fire, thou hast quenched the flames; /
and thou hast crushed the head of the deceitful serpent. /
Therefore, in the midst of thy sufferings, /
Christ came and set a crown upon thy holy head, /
O Great Martyr, who hast boldness before God, //
do thou offer fervent intercession for our souls.
Reader: Glory...in the 6th Tone:

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

Using as his tool the Apostate Emperor, /
the enemy devised a cruel plot: /
with food polluted by unclean sacrifices /
he sought to defile the people of God /
as they purified themselves through fasting. /
But thou hast defeated his design by a more skillful plan: /
appearing in a dream to the Archbishop, /
thou hast revealed to him the evil plot. /
Therefore, we offer thee a sacrifice of thanksgiving, /
honoring thee as our protector /
and keeping the annual memorial of what then was done. /
May we be kept safe, we pray, from the designs of the enemy //
at thine intercessions, O martyr Theodore.

Both now... The Dogmatic Theotokion in the Tone of the Week.