On "Lord I have cried", 10 stichera are sung: 4 stichera from the Triodion, and then 6 stichera from the Menaion.

(10) Reader: In the 4th Tone, Special Melody "Thou hast given a sign..."
Bring my soul out of prison

I-descant
II-chant melody

That I may confess Thy name.

Grant me contrition, estrangement from evil, and perfect amendment, for I am sunk in the depths of bodily passion.
and sepa-rated far from Thee, O God the King of all;

and I have no oth-er hope but Thee. In the abundance of Thy goodness

save me, the Prodi-gal, O Jesus all-powerful, the Sa-viour of our souls.

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

Un-til Thou shalt re-ward me.

< Repeat: "Grant me contrition..."
(8) Reader: Out of the depths have I cried unto Thee, O Lord;

O Lord, hear my voice.

When he had been cleansed by fasting, the great Moses saw the God for Whom he longed. Eagerly follow his example,

O my humble soul; make haste to cleanse thyself from evil
in the day of abstinence, and so thou shalt behold the Lord

Who grants thee forgiveness, for He is all-powerful and loves mankind.
(7) Reader: In the 6th tone—Let Thine ears be attentive

To the voice _______ of my sup - pli - ca - tion.

Let us set out with joy upon the second ______ of the Fast; /
and like Elijah the ______ / 
let us fashion for ourselves from day to day, O ______, /
a fiery chariot from the four great ______; /
let us exalt our minds /
through freedom from the ______; /
let us arm our flesh with ______ / 
and our hands with acts of compassion; /
let us make our feet beautiful with the preaching of the ______; //
and let us put the enemy to flight and gain the ______.

English translation by Mother Mary and Archimandrite Kallistos Ware, "The Lenten Triodion", reprinted, 2002, by St. Tikhon's Seminary Press, South Canaan, PA 18459

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