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;

Moses, in the season of abstinence, / 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 Holy Spirit.

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