And He shall redeem Israel out of all His iniquities.

3) * Reader: In the 8th Tone, Special Melody "O most glorious wonder"
For with the Lord there is mercy, and with Him is plenteous redemption;

* Given here according to the Slavonic Triodion which indicates 3 stichera of the Saint, however, "The Lenten Triodion", by Mother Mary, Monastery of the Veil, indicates 4 stichera of the Saint following the Greek Triodion. See additional Psalm verse at end.
hast thou studied the words of Holy Scripture

that teach us how to practise the ascetic life. so hast thou gained the

riches of grace, and thou hast become blessed,

overthrowing all the purposes of the ungodly.
2) Reader: O praise the Lord, all ye nations;

Praise Him all ye peoples.

Most glorious father John, with the fountain of thy tears

thou hast cleansed thy soul, and by keeping vigils

through the night, thou hast gained God's mercy.
Thou wast raised on wings, O blessed one, to the love of Him and of His beauty; and as is right thou dwellest now in His unending joy, with thy fellow soldiers in the spiritual fight, O holy saint of God.
1) Reader: For He hath made His mercy to prevail over us,

And the truth of the Lord abideth forever.

O holy father John, through faith thou hast lifted up thy mind on wings to God; hating the restless confusion of this world, thou hast taken up thy Cross; and following Him Who sees all things,
Who sees all things, thou hast subjected thy rebellious body to His guidance through ascetic discipline, by the power of the Holy Spirit.

But if 4 verses are desired according to "The Lenten Triodion", insert this Psalm verse at the beginning, repeating the 1st sticheron: "O holy father John, truly hast thou..."

4) Reader: From the morning watch until night, from the morning watch

Let Israel hope in the Lord.