1. Thou didst make the Robber a citizen of Paradise on the Cross when he cried to Thee, O Christ, "Remember me." Make me, unworthy as I am, also worthy of his repentence.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

2. Have you heard, my soul of Manoah of old who saw God in a waking vision and received from his barren wife the fruit of God's promise? Let us imitate his piety.

Blessed are they that mourn, for they shall be comforted.

3. You, my soul, have emulated Samson's easy-going laxity; you have shorn the glory of your deeds, and by love of pleasure have surrendered to the Philistines a chaste and blessed life.

Text from "The Great Canon", Holy Trinity Monastery, Jordanville, NY, music.russianorthodox-stl.org

3/22/06
4. He who conquered the Philistines with an ass's jawbone is now found to be a dissolute slave of passionate intercourse. But avoid, my soul, his example, his action, his laxity.

5. Barak and Jephthah, military leaders, with manly-minded Deborah, were promoted to be Judges of Israel. Learn courage from their heroic deeds, my soul, and master yourself.

6. You know, my soul, of Jael's bravery, who impaled Sisera of old and wrought salvation with a tent-peg, by which (are you listening?) the Cross is typified to you.
Blessed are the pure in heart, for they shall see God.

7. Offer the sacrifice of praise, my soul, offer action as a daughter purer than Jephthah’s, and slay your carnal passions as a sacrifice to your Lord.

Blessed are the peace-makers, for they shall be called sons of God.

8. Think, my soul, of Gideon’s fleece. Receive the dew from Heaven; stoop down like a dog and drink the water that flows from the Law by the pressure of study.

Blessed are they that are persecuted for righteousness’ sake,

for theirs is the kingdom of heaven.

9. You, my soul, for lack of understanding have drawn upon yourself the priest Eli’s condemnation, by allowing the passions to act sinfully in you, as he allowed his children.
Blessed are ye when men shall revile you and perse-cute you,

and shall say all manner of evil against you false-ly for My sake.

Re-joice and be ex-ceeding glad, for great is your re-ward in heav-en.

Re-mem-ber us, O Lord, when Thou com-est in Thy king-dom.

10. The Levite among the Judges by negligence divided his wife among the twelve tribes, my soul, in order to blazon the lawless outrage of Benjamin.

11. Chaste Hannah when praying moved her lips in praise, while her voice was not yet heard; but yet though barren, she bears a son her prayer deserved.

12. Hannah's child, the great Samuel, was reckoned among the Judges, and he was brought up in Arimathea and in the House of the Lord. Imitate him, my soul, and before judging others, judge your own actions.
13. David was chosen to be king, and he was royally anointed with the horn of divine oil. So if you, my soul, desire the Kingdom on high, be anointed with the oil of tears.

14. Have mercy on Thy creation, O merciful Lord, have compassion on the work of Thy hands, and spare all who have sinned, and even me who above all have ignored Thy commands.

To the Trinity: Unoriginately both by generation and procession, the Father Who begot I worship, I glorify the Son Who is begotten, and I hymn the Holy Spirit, co-effulgent with the Father and the Son.

Theotokion: We worship thy supernatural childbirth, without dividing the natural glory of thy Child, O Mother of God. For He is confessed to be one in Person and twofold in Nature.