That I may confess Thy name.

I have no repentance and no tears. Therefore, I entreat Thee, Saviour:

before the end comes cause me to turn back and grant me compunction,

that I may be delivered from torment.

(10) Reader: Bring my soul out of prison

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

Until Thou shalt reward me.

At Thy fearful Coming, O Christ, may we not hear the words: 'I know you not.'

For we have put our trust in Thee, O Saviour,

though in our negligence we keep not Thy commandments;

yet we entreat Thee, spare our souls.
Out of the depths have I cried unto Thee, O Lord; O Lord hear my voice.

Heal the wounds of my heart, inflicted on me through my many sins,

O Saviour and Physician of our souls and bodies; for Thou dost always

grant forgiveness of transgressions unto those that ask. Give me tears of repentance

and remission of my debts, O Lord, and have mercy on me.
(7) Reader: Let Thine ears be attentive

To the voice of my supplication.

Finding me naked, stripped of virtues, the enemy wounded me with the arrow of sin; but, O God, Physician of our souls and bodies,

heal the wounds of my soul and have mercy on me.

English text from: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos Ware, ©1977, Faber and Faber, London.

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