Lenten Hymns after Psalm 50
(For Sunday Matins, during the Triodion Period)

Glory to the Father, and to the Son, and to the Holy

Spirit. The doors of repentance
do thou open to me, O Giver of life, for my spirit waketh at dawn toward

Thy holy temple, bearing a temple of the body all defiled.
but in Thy compassion, cleanse it by the loving kindness of Thy mercy.

Both now and ever and unto the ages of ages. Amen.

Guide me in the paths of salvation, O Theotokos, for I have defiled my soul with shameful sins, and have wasted all my life.
in slothfulness, but by thine intercessions

de-liver me from all un-cleanness. Have mercy on me, O God,

according to Thy great mer-cy; and according to the multitude

of Thy com-pas-sions, blot out my trans-gres-sions.
When I think of the multitude of evil things I have done, I, a wretched one,

I tremble at the fearful day of judgment; but trusting in the mercy

of Thy loving kindness, like David do I cry unto Thee:

Have mercy on me, O God, according to Thy great mercy.

English text by R-monk Laurence, "The Unabbreviated Horologion"

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