

Lift up your hands to the holy place / and bless the Lord.
May the Lord bless you from Zion, /
He who made Heaven and earth.

Glory to the Father, and to the Son, and to the Holy Spirit, /
now and ever, and unto ages of ages. Amen.
Alleluia, alleluia, alleluia! / Glory to Thee, O God!
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Alleluia, alleluia, alleluia! / Glory to Thee, O God!

The 18th Kathisma



Psalms 120—134



The First Antiphon

(Psalms 120-124)

In my distress I cry to the Lord / that He may answer me.
Deliver me, O Lord, from lying lips / from a deceitful tongue.
What shall be given to you? / And what more shall be done to
you, you deceitful tongue?
A warrior's sharp arrows / with glowing coals of the broom tree.
Woe is me, that I sojourn in Meshech /
that I dwell among the tents of Kedar.
Too long have I had my dwelling among those who hate
peace. / I am for peace; but when I speak they are for war.
I lift up mine eyes to the hills. / From whence does my
help come?
My help comes from the Lord / Who made Heaven and earth.
He will not let your foot be moved; /
He Who keeps you will not slumber.
Behold, He Who keeps Israel, / will neither slumber nor sleep.
The Lord is your keeper; /
the Lord is your shade on your right hand.
The sun shall not smite you by day / nor the moon by night.
The Lord will keep you from all evil; / He will keep your life.
The Lord will keep your going out and your coming in /
from this time forth and forever more.
I was glad when they said to me, "Let us go to the house of
the Lord." / Our feet have been standing within your
gates, O Jerusalem.
Jerusalem, built as a city which is bound firmly together, /
to which the tribes go up.
The tribes of the Lord, as was decreed for Israel, /
to give thanks to the Name of the Lord.
There thrones for judgment were set, /
the thrones of the house of David.
Pray for the peace of Jerusalem! "May they prosper who
love you. / Peace be within your walls and security
within your towers."
For my brethren and companions' sake /
I will say, "Peace be within you."

Arise, O Lord, and go to Thy resting place, /
Thou and the Ark of Thy might.
Let Thy priests be clothed with righteousness, /
and let Thy saints shout for joy.
For Thy servant David's sake /
do not turn away the face of Thine anointed one.
The Lord swore to David a sure oath /
from which He will not turn back:
"One of the sons of your body /
I will set on your throne.
If your sons keep My covenant /
and My testimonies which I shall teach them,
Their sons also forever /
shall sit upon your throne."
For the Lord has chosen Zion; /
He has desired it for His habitation:
"This is My resting place forever /
here I will dwell for I have desired it.
I will abundantly bless her provisions; /
I will satisfy her poor with bread.
Her priests I will clothe with salvation, /
and her saints will shout for joy.
There I will make a horn to sprout for David; /
I have prepared a lamp for Mine anointed.
His enemies I will clothe with shame, /
but upon himself his crown will shed its luster.
Behold, how good and pleasant it is /
when brothers dwell in unity.
It is like the precious oil upon the head, /
running down upon the beard,
Upon the beard of Aaron, /
running down on the collar of his robes.
It is like the dew of Hermon /
which falls on the mountains of Zion.
For there the Lord has commanded the blessing /
life forever more.
Come, bless the Lord, all you servants of the Lord, /
Who stand by night in the House of the Lord.

The Third Antiphon
(Psalms 130-134)

Out of the depths I cry to Thee, O Lord. /
Lord, hear my voice.
Let Thine ears be attentive /
to the voice of my supplications.
If Thou, O Lord, shouldst mark iniquities, /
Lord, who could stand?
But there is forgiveness with Thee, /
that Thou mayest be feared.
I wait for the Lord, / my soul waits, and in His word I hope.
My soul waits for the Lord more than the watchmen for
the morning / more than watchmen for the morning.
O Israel, hope in the Lord, /
for with the Lord there is mercy.
And with Him is plenteous redemption. /
And He will redeem Israel from all his iniquities.
O Lord, my heart is not lifted up, /
my eyes are not raised too high;
I do not occupy myself with things /
too great and too marvelous for me.
But I have calmed and quieted my soul, /
like a child quieted at its mother's breast.
O Israel, hope in the Lord /
from this time forth and forever more.
Remember, O Lord, in David's favor /
all the hardships he endured;
How he swore to the Lord /
and vowed to the Mighty One of Jacob:
"I will not enter my house or get into my bed; / I will not give
sleep to mine eyes or slumber to mine eyelids,
Until I find a place for the Lord, /
a dwelling place for the Mighty One of Jacob."
Lo, we heard of it in Ephrathah, /
we found it in the fields of Ja'ar.
"Let us go to His dwelling place; /
let us worship at His footstool."

For the sake of the House of the Lord our God, /
I will seek your good.
To Thee I lift up mine eyes, /
O Thou, Who art enthroned in the heavens.
Behold, as the eyes of a servant look to the hand of their
master, / as the eyes of a maid to the hand of her
mistress.
So our eyes look to the Lord our God, /
'til He has mercy on us.
Have mercy on us, O Lord, have mercy on us /
for we have had more than enough of contempt.
Too long our soul has been sated with the scorn of those
who are at ease, / the contempt of the proud.
If it had not been the Lord Who was on our side,
let Israel now say, / If it had not been the Lord Who was
on our side, when men rose up against us,
Then they would have swallowed us alive, /
when their anger was kindled against us;
Then the flood would have swept us away, / the torrent
would have gone over us, the raging waters.
Blessed be the Lord, /
Who has not given us as prey to their teeth.
We have escaped as a bird from the snare of the fowlers; /
the snare is broken, and we have escaped.
Our help is in the Name of the Lord /
Who made Heaven and earth.

Glory to the Father, and to the Son, and to the Holy Spirit, /
now and ever, and unto ages of ages. Amen.
Alleluia, alleluia, alleluia! / Glory to Thee, O God!
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The Second Antiphon

(Psalms 125-129)

Those who trust in the Lord are like Mount Zion, /
which cannot be moved but abides forever.
As the mountains are round about Jerusalem, /
so the Lord is round about His people from this time
forth and forever more.
For the scepter of wickedness shall not rest, /
upon the land allotted to the righteous.
Lest the righteous put forth their hands to do wrong. /
Do good, O Lord, to those who are good.
And to those who are upright in their hearts. /
But those who turn aside upon their crooked ways.
The Lord will lead away with evildoers. / Peace be in Israel.
When the Lord restored the fortunes of Zion, /
we were like those who dream.
Then our mouth was filled with laughter /
and our tongue with shouts of joy;
Then they said among the nations, "The Lord has done great
things for them." /
The Lord has done great things for us; we are glad.
Restore our fortunes, O Lord, /
like the watercourses in the Negev.
May those who sow in tears reap with shouts of joy. / He
that goes forth weeping bearing the seeds for sowing.
Shall come home with shouts of joy, /
bringing his sheaves with him.
Unless the Lord builds the house, /
those who build it labor in vain.
Unless the Lord watches over the city, /
the watchman stays awake in vain.
It is in vain that you rise up early and go late to rest, /
eating the bread of anxious toil; so He gives to His
beloved sleep.
Lo, sons are a heritage from the Lord, the fruit of the womb a
reward. / Like arrows in the hand of a warrior are the
sons of one's youth;

Happy is the man who has his quiver full of them. /
He shall not be put to shame when he speaks with his
enemies in the gate.
Blessed is every one who fears the Lord, /
who walks in His ways.
You shall eat the fruit of the labor of your hands; /
you shall be happy, and it shall be well with you.
Your wife will be like a fruitful vine within your house; / your
children will be like olive shoots around your table.
Lo, thus shall the man be blest / who fears the Lord.
The Lord bless you from Zion. / May you see the prosperity of
Jerusalem all the days of your life.
May you see your children's children. / Peace be upon Israel.
"Sorely have they afflicted me from my youth," /
let Israel now say
"Sorely have they afflicted me from my youth, /
yet they have not prevailed against me.
The plowers plowed upon my back; /
they made long their furrows."
The Lord is righteous; / He has cut the cords of the wicked.
May all who hate Zion /
be put to shame and turned backward.
Let them be like the grass on the housetops, /
which withers before it grows up,
With which the reaper does not fill his hand /
or the binder of sheaves his bosom,
While those who pass by do not say, /
"The blessing of the Lord be upon you.
We bless you / in the Name of the Lord."

Glory to the Father, and to the Son, and to the Holy Spirit, /
now and ever, and unto ages of ages. Amen.
Alleluia, alleluia, alleluia! / Glory to Thee, O God!
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