

# Friday of the 1<sup>st</sup> Week

## At the 6<sup>th</sup> Hour

Prokimenon, Tone 7 (Psalm 17): I will love Thee, O Lord, my strength:\* the Lord is my foundation.

Verse: My God is my helper.

*The Reading is from the Prophecy of Isaiah (3:1-14)*

**B**ehold, the Lord, the Lord of Sabaoth, will take away from Jerusalem and from Judæa the mighty man and mighty woman, the strength of bread, and the strength of water, the great and mighty man, the warrior and the judge, and the prophet, and the counselor, and the elder, and the captain of fifty also, and the honourable counsellor, and the wise artificer, and the intelligent hearer. And I will make youths their princes, and mockers shall have dominion over them. And the people shall fall, man upon man, and every man upon his neighbour: the child shall insult the elder man, and the base the honourable. For a man shall lay hold of his brother, as one of his father's household, saying, "Thou hast raiment, be thou our ruler, and let my victuals be under thee." And he shall answer in that day, and say: "I will not be thy ruler; for I have no bread in my house, nor raiment: I will not be the ruler of this people." For Jerusalem is ruined, and Judæa hath fallen, and their tongues have spoken with iniquity, disobedient as they are towards the Lord. Wherefore now their glory hath been brought low, and the shame of their countenance hath withstood them, and they have proclaimed their sin as Sodom, and made it manifest. Woe to their soul, for they have devised an evil counsel against themselves, saying against themselves, "Let us bind the just, for he is burdensome to us: therefore shall they eat the fruits of their works." Woe to the transgressor! Evils shall happen to him according to the works of his hands. O my people, your exactors strip you, and extortioners rule over you: O my people, they that pronounce you blessed lead you astray, and pervert the path of your feet. But now the Lord will stand up for judgement, and will enter into judgement with His people. The Lord Himself shall enter into judgement with the elders of the people, and with their rulers.

Prokimenon, Tone 6 (Psalm 18): O Lord, my Helper \* and my Redeemer.

Verse: The heavens declare the glory of God, and the firmament proclaimeth the work of His hands.

# Friday of the 1<sup>st</sup> Week

## 1<sup>st</sup> Reading at Vespers

Prokimenon, Tone 5 (Psalm 19): The Lord hear thee \* in the day of affliction.

Verse: The name of the God of Jacob defend thee.

### *The Reading is from Genesis (2:20-3:20)*

**A**dam gave names to all the cattle, and to all the birds of the sky, and to all the wild beasts of the field; but for Adam there was not found a help like unto himself. And God brought a trance upon Adam, and he slept; and He took one of his ribs, and filled up the flesh instead thereof. And God formed the rib which He took from Adam into a woman, and brought her to Adam. And Adam said, "This now is bone of my bones, and flesh of my flesh; she shall be called woman, because she was taken out of her husband." Therefore shall a man leave his father and his mother and shall cleave to his wife, and they two shall be one flesh. And the two were naked, both Adam and his wife, and were not ashamed. Now the serpent was the most crafty of all the brutes on the earth, which the Lord God made, and the serpent said to the woman, "Wherefore hath God said, 'Eat not of every tree of the garden?'" And the woman said to the serpent: "We may eat of the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God said: 'Ye shall not eat of it, neither shall ye touch it, lest ye die.'" And the serpent said to the woman, "Ye shall not surely die. For God knew that in whatever day ye should eat of it, your eyes would be opened, and ye would be as gods, knowing good and evil." And the woman saw that the tree was good for food, and that it was pleasant to the eyes to look upon and beautiful to contemplate and having taken of its fruit she ate, and she gave to her husband also with her, and they ate. And the eyes of both were opened, and they perceived that they were naked; and they sewed fig leaves together and made themselves aprons to go round them. And they heard the voice of the Lord God walking in the garden in the afternoon; and both Adam and his wife hid themselves from the face of the Lord God in the midst of the trees of the garden. And the Lord God called Adam and said to him: "Adam, where art thou?" And he said to Him: "I heard Thy voice as thou walkedst in the garden, and I feared because I was naked, and I hid myself." And God said to him, "Who told thee that thou wast naked, unless thou hast eaten of the tree concerning which I charged thee of it alone not to eat?" And Adam said, "The woman whom Thou gavest to be with me – she gave me of the tree and I ate." And the Lord God said to the woman, "Why hast thou done this?" And the woman said, "The serpent deceived me, and I ate." And the Lord God said to the serpent, "Because thou hast done this, thou art cursed above all cattle and all the brutes of the earth, on thy breast and belly thou shalt go, and thou shalt eat earth all the days of thy life. And I will put enmity between thee and the woman, and between thy seed and her seed; he shall watch against thy head, and thou shalt watch against his heel." And to the woman He said, "I will greatly multiply thy grief and thy groanings; in pain thou shalt bring forth children, and thy submission shall be to thy husband, and he shall rule over thee." And to Adam He said, "Because thou hast hearkened to the voice of thy wife, and eaten of the tree concerning which I charged thee of it only not to eat – of that thou hast eaten, cursed is the ground in thy labours, in pain shalt thou eat of it all the days of thy life. Thorns and thistles shall it bring forth to thee, and thou shalt eat the herb of the field. In the sweat of thy face shalt thou eat thy bread until thou returnest to the earth out of which thou wast taken; for earth thou art and unto earth thou shalt return." And Adam called the name of his wife 'Life,' because she was the mother of all living.


# Friday of the 1<sup>st</sup> Week

## 2<sup>nd</sup> Reading at Vespers

Prokimenon, Tone 6 (Psalm 20): Be Thou exalted, O Lord, in Thy strength:\* we will sing and chant of Thy mighty acts.

Verse: O Lord, in Thy strength the King shall be glad.

*The Reading is from Proverbs (3:19-34)*

od by wisdom founded the earth, and by prudence He prepared the heavens. By understanding were the depths broken up, and the clouds dropped water. My son, let them not pass from thee, but keep my counsel and understanding; that thy soul may live, and that there may be grace around thy neck; and it shall be health to thy flesh, and safety to thy bones; that thou mayest go confidently in peace in all thy ways, and that thy foot may not stumble. For if thou rest, thou shalt be undismayed; and if thou sleep, thou shalt slumber sweetly. And thou shalt not be afraid of alarm coming upon thee, neither of approaching attacks of ungodly men. For the Lord shall be over all thy ways, and shall establish thy foot that thou be not moved. Forbear not to do good to the poor, whensoever thy hand may have power to help him. Say not, "Come back another time, tomorrow I will give," while thou art able to do him good; for thou knowest not what the next day will bring forth. Devise not evil against thy friend, living near thee and trusting in thee. Be not ready to quarrel with a man without a cause, lest he do thee some harm. Procure not the reproaches of bad men, neither do thou covet their ways. For every transgressor is unclean before the Lord, neither does he sit among the righteous. The curse of the Lord is in the houses of the ungodly; but the habitations of the just are blessed. The Lord resisteth the proud; but He giveth grace to the humble.