

**T**hrough the prayers of our holy fathers and mother, O Lord Jesus Christ, our God, have mercy on us. Amen.

O Heavenly King, the Comforter, the Spirit of Truth, everywhere present and filling all things. Treasury of Blessings, and Giver of Life, come and abide in us, and cleanse us from every impurity, and save our souls, O Good One!

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Your Name's sake.

Lord, have mercy. (3x) Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, Who art in heaven, hallowed be Thy Name. Thy Kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation but deliver us from evil.

Lord, have mercy. (3x) Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Come, let us worship God our King.

Come, let us worship and fall down before Christ, our King and our God.

Come, let us worship and fall down before Christ Himself, our King and our God.

PSALM 23  
*The Divine Shepherd*

The Lord is my shepherd, I will lack nothing.

He makes me to dwell in green pastures,

He leads me beside still waters. He restores my soul,

He leads me in paths of righteousness for His Name's sake.

Even though I walk through the valley of the shadow of death,

I fear no evil, for You are with me,  
Your rod and Your staff – they comfort me.  
You prepare a table before me in the presence of my enemies.  
You anoint my head with oil, Your cup was intoxicating.  
Your mercy will follow me all the days of my life,  
and I will dwell in the house of the Lord to the end of my days.

*Today, we will pray the Sessional Hymns of the Matins service from Monday in the Fourth Week of Great Lent*

O faithful, let us bow down before the holy Wood<sup>1</sup> upon which the Maker of all has been raised. It lies before us, sanctifying the body and soul of those who draw near with faith, washing clean the defilement of sin from all who fast and ever sing the praises of Christ, the only Benefactor.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

The Word of the Father came down to earth, and an angel of light cried to the Theotokos, “Rejoice, O blessed one! For you alone have guarded the bridal chamber: you will conceive the pre-eternal God and Lord, that in His divine power He may save mankind from error.”

PSALM 27  
*Song of faith*

The Lord is my light and my Savior, whom will I fear?  
The Lord is the Protector of my life, of whom will I be afraid?  
When the wicked draw near me to devour my flesh –  
my adversaries and enemies – they will stumble and fall.  
Though an army encamp against me, my heart will not fear.  
Though war rise up against me, yet I will be confident.  
One thing I asked of the Lord, that will I seek after:  
to live in the house of the Lord all the days of my life,  
to behold the beauty of the Lord, and to visit His temple.

---

<sup>1</sup> The Cross

MONDAY, MARCH 23  
FOURTH WEEK OF GREAT LENT

---

For He will hide me in His tabernacle in the day of my troubles.  
He will shelter me under the cover of His tabernacle  
and set me high on a rock.  
And now, behold, He lifted up my head above my enemies,  
and I will go around and offer in His tabernacle  
sacrifices with shouts of joy.  
I will sing and make melody to the Lord.  
Hear, O Lord, when I cry aloud,  
have mercy on me and answer me.  
“Come,” my heart says, “seek His face.”  
Your face, O Lord, do I seek.  
Do not turn Your face from me,  
nor turn away from Your servant in anger,  
for You have been my help.  
Do not cast me off, nor forsake me, O God my Savior.  
If my father and mother forsake me, the Lord will take me up.  
Teach me the way of Your Law, O Lord,  
and lead me on a straight path because of my enemies.  
Do not give me up to the will of my adversaries,  
for false witnesses have risen against me,  
and they are breathing out injustice.  
I believe that I will see the goodness of the Lord in the land of the living.  
Wait for the Lord, be strong, and let your heart take courage.  
Wait for the Lord.

Having reached the middle of the season of abstinence O my Christ, and attained to the veneration of Your life-giving Cross, we fall down before it and call upon You, “You are mighty, O Lover of mankind, and mighty are Your works, for You have made manifest Your precious Cross, before which we fall down in fear and worship as we cry aloud: Glory to Your boundless compassion.”

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

As an uncultivated vine, O Virgin, you sprouted the ripe Cluster of grapes. From Him we receive the wine of salvation, making glad the souls and bodies of all. Therefore, ever blessing you as the cause of good things, with the angel we cry out to you, “Rejoice, O full of grace!”

PRAYERS TO END THE PANDEMIC OF CORONAVIRUS

Let us pray to the Lord. Lord, have mercy.

**O** God Almighty, Lord of heaven and earth, and of all creation visible and invisible: In Your inexpressible goodness, look down upon us, Your people gathered in Your Holy Name. Be our helper and defender in this day of affliction, for You know all our weaknesses and hear our cry in repentance and contrition of heart. O loving Lord, deliver us from the impending threat of the coronavirus. Send Your angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of the physicians and heal Your servants through them. Grant wisdom to those who are working on the vaccine for this virus. And preserve those who are healthy. Enable us to continue to serve our suffering brothers and sisters in peace that together we may glorify Your most honorable and majestic Name of the Father and the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.

Let us pray to the Lord. Lord, have mercy.

**O** Lord Jesus Christ, in Your loving care, You traveled through towns and villages healing every disease and sickness, and at Your command, the sick were made well: Yourself now come to our aid, in the midst of the global spread of the coronavirus, and grant us to experience the miracle Your healing love.

Comfort the families of those who are sick or have died. May they regain their strength and health through quality medical care. And as they worry and grieve, defend them from illness and despair.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another.

Guide the hands of the doctors and nurses and all medical professionals who seek to heal and help those affected and who put themselves at risk in the

MONDAY, MARCH 23  
FOURTH WEEK OF GREAT LENT

---

process. And impart Your wisdom on the researchers working on the vaccine for coronavirus.

Heal us from our pride, which can make us claim immunity to a disease that knows no boundaries. Instill the fear of You in the leaders of our nation and other nations of the world. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks.

O Master and Lord, our Savior, Healer of all, stay by our side in this time of uncertainty and sorrow. Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, stay with us as we patiently endure and mourn, persist and prepare.

For You are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.

PRAYER FOR DOCTORS AND NURSES

**O** Lord Jesus Christ our God, Lover of mankind, Physician of our souls and bodies, You endured the pain of our infirmities, and by Your wounds we are healed. You gave sight to the man born blind and straightened the woman who was bent over for 18 years. You gave speech and sight to the mute man who was possessed by demons. You not only forgave the paralyzed man his sins, but healed him to walk. You restored the withered hand of a man in the synagogue and stopped the flow of blood of a woman who bled for 12 years. You raised Jairus' daughter back to life and resurrected Lazarus who was dead four days. You heal every infirmity under the sun: Yourself now, O Lord, grant Your grace to all the doctors, nurses, physicians, and researchers, who have labored and studied hour upon hour, to go into all the world, and also to heal by the talent You have given to each of them. Strengthen them by Your strength, that they may not fear evil or disease. Enlighten them to do no evil by the works of their hands, and preserve them and those they serve in peace. For You are our God, and to You we give glory together with Your Father, Who has no beginning, and Your Most Holy, Good, and Life-giving Spirit, now and ever and unto ages of ages. Amen.

DAILY SCRIPTURE READINGS

*Genesis 8:21-9:7*

<sup>21</sup> And when the Lord smelled the pleasing odor of Noah's sacrifice, the Lord said in His heart, "I will never again curse the ground because of humankind, for the inclination of the human heart is evil from youth; nor will I ever again destroy every living creature as I have done. <sup>22</sup> As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night, will not cease." **9** <sup>1</sup> God blessed Noah and his sons, and said to them, "Be fruitful and multiply, and fill the earth. <sup>2</sup> The fear and dread of you will rest on every animal of the earth, and on every bird of the air, on everything that creeps on the ground, and on all the fish of the sea; into your hand they are delivered. <sup>3</sup> Every moving thing that lives shall be food for you; and just as I gave you the green plants, I give you everything. <sup>4</sup> Only, you shall not eat flesh with its life, that is, its blood. <sup>5</sup> For your own lifeblood I will surely require a reckoning: from every animal I will require it and from human beings, each one for the blood of another, I will require a reckoning for human life. <sup>6</sup> Whoever sheds the blood of a person, by a person will that blood be shed; for in His own image God made people. <sup>7</sup> And you, be fruitful and multiply, abound on the earth and multiply in it."

*Proverbs 11:19-12:6*

<sup>19</sup> Whoever is steadfast in righteousness will live,  
but whoever pursues evil will die.  
<sup>20</sup> Crooked minds are an abomination to the Lord,  
but those of blameless ways are His delight.  
<sup>21</sup> Be assured, the wicked will not go unpunished,  
but those who are righteous will escape.  
<sup>22</sup> Like a gold ring in a pig's snout  
is a beautiful woman without good sense.  
<sup>23</sup> The desire of the righteous ends only in good;  
the expectation of the wicked in wrath.  
<sup>24</sup> Some give freely, yet grow all the richer;  
others withhold what is due, and only suffer want.  
<sup>25</sup> A generous person will be enriched,

and one who gives water will get water.

<sup>26</sup> The people curse those who hold back grain,  
but a blessing is on the head of those who sell it.

<sup>27</sup> Whoever diligently seeks good seeks favor,  
but evil comes to the one who searches for it.

<sup>28</sup> Those who trust in their riches will fall,  
but the righteous will flourish like green leaves.

<sup>29</sup> Those who trouble their households will inherit wind,  
and the fool will be servant to the wise.

<sup>30</sup> The fruit of the righteous is a tree of life,  
but violence takes lives away.

<sup>31</sup> If the righteous are repaid on earth,  
how much more the wicked and the sinner!

**12** <sup>1</sup> Whoever loves discipline loves knowledge,  
but those who hate to be rebuked are stupid.

<sup>2</sup> The good obtain favor from the Lord,  
but those who devise evil He condemns.

<sup>3</sup> No one finds security by wickedness,  
but the root of the righteous will never be moved.

<sup>4</sup> A good wife is the crown of her husband,  
but she who brings shame is like rotteness in his bones.

<sup>5</sup> The thoughts of the righteous are just;  
the advice of the wicked is treacherous.

<sup>6</sup> The words of the wicked are a deadly ambush,  
but the speech of the upright delivers them.

#### SAINT OF THE DAY

##### *Saint Anastasia the Patrician of Alexandria*

Anastasia the Patrician lived in Constantinople and was descended from an aristocratic family. She was an image of virtue, and she enjoyed the great esteem of the emperor Justinian (527-565). Widowed at a young age, Anastasia decided to leave the world and save her soul far from the bustle of the capital. She secretly left Constantinople and went to Alexandria. She founded a small monastery not far from the city, and devoted herself entirely

to God.

Several years later, the emperor Justinian was widowed and decided to search for Anastasia and marry her. As soon as she learned of this, Anastasia journeyed to a remote skete to ask Abba Daniel for help. In order to safeguard Anastasia, the Elder dressed her in a man's monastic garb and called her the eunuch Anastasius. Having settled her in one of the very remote caves, the Elder gave her a Rule of prayer and ordered her never to leave the cave and to receive no one. Only one monk knew of this place. His obedience was to bring a small portion of bread and a pitcher of water to the cave once a week, leaving it at the entrance. The nun Anastasia dwelt in seclusion for twenty-eight years.

The Lord revealed to her the day of her death. Having learned of her approaching death, she wrote several words for Abba Daniel on a potsherd and placed it at the entrance to the cave. The Elder came quickly and brought everything necessary for her burial. He found the holy ascetic still alive, and he confessed and communed her with the Holy Mysteries. At Abba Daniel's request, Saint Anastasia blessed him and the monk accompanying him. With the words, "Lord, into Your hands I commend my spirit," the saint died in peace (ca. 567-568).

When the grave was prepared, the Elder gave his disciple his outer garment and ordered him to dress the deceased "brother" in it. As he was putting on the garment, the monk noticed that she was a woman, but he did not dare to say anything. However, when they returned to the monastery after they buried the nun, the disciple asked Abba Daniel whether he knew the "brother" was a woman, and the Elder related to the young monk the life of Saint Anastasia. Later, the abba's narrative was written down and received wide acclaim.

The relics of Saint Anastasia were transferred to Constantinople in the year 1200, and put not far from the church of Hagia Sophia.

#### CONCLUDING PRAYERS

It is truly meet to bless you, O Theotokos, ever-blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more



MONDAY, MARCH 23  
FOURTH WEEK OF GREAT LENT

---

glorious beyond compare than the Seraphim, without corruption you gave birth to God the Word. True Theotokos we magnify you.

**T**hrough the prayers of our holy fathers and mother, O Lord Jesus Christ, our God, have mercy on us. Amen.