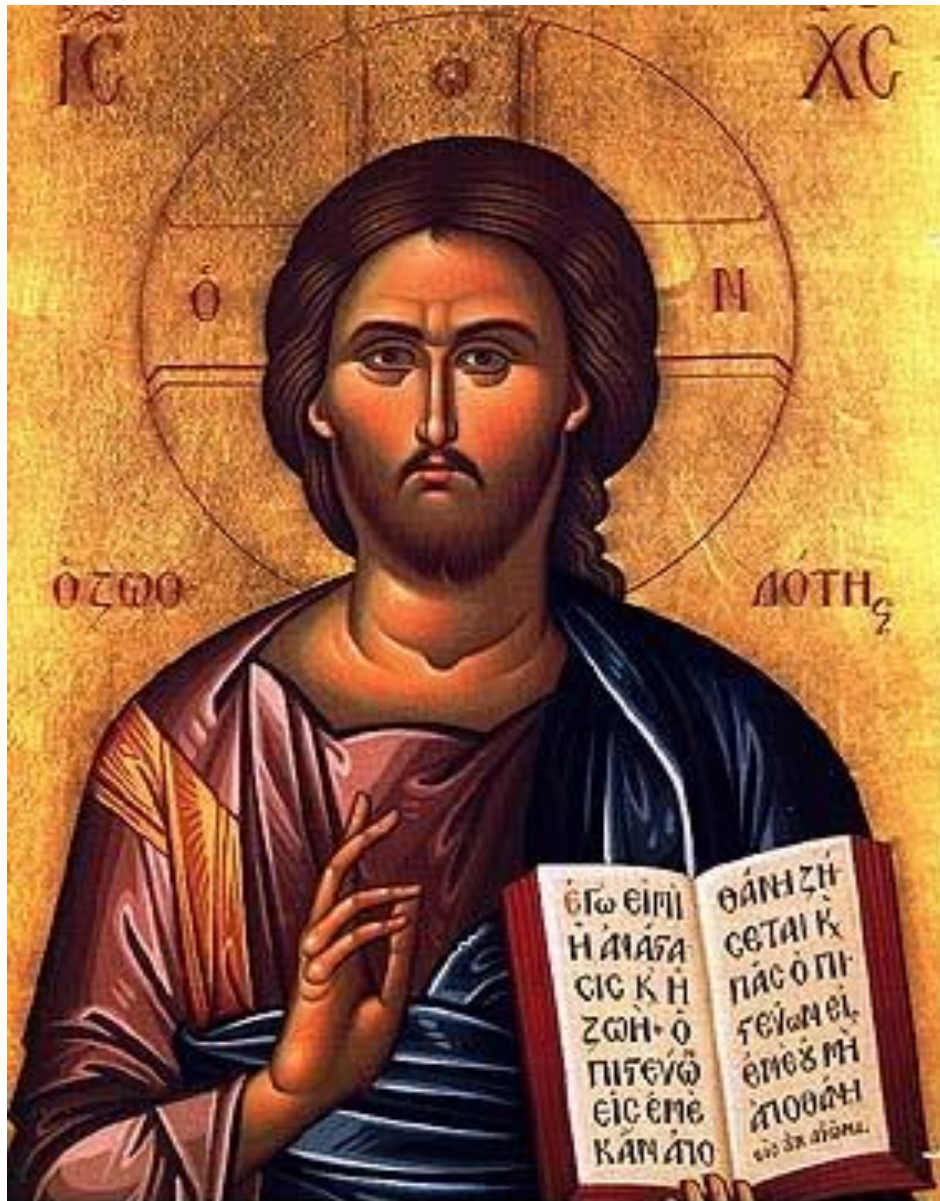


AKATHIST HYMN  
TO  
ALMIGHTY GOD



IN TIMES OF SORROW AND DEPRESSION

## **Kontakion I**

O martial Leader of Hosts and Lord, the joy and happiness of Your servants; wherever You are, all sorrow is consumed - wherever You are not, all joy is in vain! Look down on me, a sinner perishing in grief. By revealing Your salvation, visit me who cry:

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

## **Ikos 1**

O Creator of angels and Lord of Hosts, You did not despise the Virgin's womb for the sake of the salvation of fallen man. You later endured spitting, mocking, and a shameful death, O Word of God, for You are good and love mankind. Meditating on this, I dare to come to You and pray with tears:

O Lord, my Lord, my merciful Savior, save me who am perishing.

O Lord, my Lord, Who came not to save the righteous, but sinners, save me from this temptation.

O Lord, my Lord, Who took on our afflictions and illnesses, heal the illnesses of my heart.

O Lord, my Lord, Who gave peace to Your world through Your Cross, send down Your peace into my troubled heart.

O Lord, my Lord, Who destroyed death by your death, destroy the wiles of the evil one that are in me.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

### **Kontakion 2**

Seeing the many examples of Your love for mankind shown to sinners before me, even I have dared to raise my eyes to You who dwell in the heavens. Have mercy on me, Lord, for I am weak; deliver me from this bitter sorrow and allow me to sing with joy and happiness: **Alleluia! (People sing Alleluia!)**

### **Ikos 2**

You created me a reasoning creature, O my Maker, but I wretchedly joined the senseless beasts and became like them, angering your graciousness, O Savior. You have therefore rightly stricken me with this sorrow. In this realization and repentance, I run to you praying:

O Lord, my Lord, Who kept me in my youth, keep me from the enemies that assault me.

O Lord, my Lord, the strength of my body in old age, strengthen my weakened soul and body.

O Lord, my Lord, the Comfort of my soul, comfort me in my affliction.

O Lord, my Instructor, instruct me on the path to salvation.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

### **Kontakion 3**

O Lord mighty in battle, come to the aid of my enfeebled soul and be my protection from visible and invisible enemies, for father and mother have left me and my friends and companions stand far off from me. May You, the Father of orphans and the Judge of widows, be my Helper in helplessness as I sing to you: **Alleluia! (People sing Alleluia!)**

### **Ikos 3**

O Awesome One, Whose throne is the heavens and Whose footstool the earth, and who take away the breath of princes, do not despise me who am dust and ashes, yet dare to say to You Who are everywhere and know everything:

O Lord, my Lord, lift up Your might and come to save me from the hands of the powerful who afflict me.

O Lord, my Lord, before Whom I am in fear and trembling, for fear and trembling have come upon me and the shadow of death has overcome me because of my sins.

O Lord, my Lord, Who are robed with light as with a garment, enlighten me who am darkened by the sorrows of this life.

O Lord, my Lord, who stretched out the heavens like a skin, stretch out the veil of Your help over me.

O Lord, my Lord, grant me your peace to humble my soul.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

### **Kontakion 4**

Drowning in the storm of this turbulent life, I stretch out my hands to You, O Word of God. As You saved the drowning Peter, so reach out your firm hand to deliver me from this affliction, that with joy and a grateful heart I may cry: **Alleluia!**  
**(People sing Alleluia!)**

#### **Ikos 4**

I have heard Your most sweet voice, Lord, even as You said: "Call on me in the day of your affliction and I shall deliver you and you shall glorify Me." I therefore dare to approach You boldly out of the depths of my despair and say:

O Lord, my Lord, I have sinned against heaven and before You, receive me as You received the Prodigal Son.

O Lord, my Lord, Who justified the Publican more than the Pharisee, do not enter into judgment with Your servant, for no man living can justify himself before You.

O Lord, my Lord, Instructor of wisdom, instruct me Your servant.

O Lord, my Lord, Giver of sense, give me sense to avoid the plots and wiles of those who hate me.

O Lord, my Lord, Who look down on the humble, see my grief and my labor, and show me Your mercy.

O Lord, my Lord, my merciful Savior save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

#### **Kontakion 5**

Through the divinely-flowing blood of Your beloved Son, Jesus Christ, I have been reconciled to You, O Heavenly Father. But as a dog turns back to his own vomit, so I have turned back to sin, and You therefore punish me justly with this great misfortune. But, O Lord my God, hear me in this day of sorrow, show Your mercy and salvation to me, and command me ever to cry to You: **Alleluia! (People sing Alleluia!)**

### **Ikos 5**

When the prophet David saw the prophet Nathan reproving him for his deeds, he came to his senses and confessed his sins and said: "I have sinned against the Lord, yet the Lord heard me and put away my sin." Yet I, who in my wretchedness have sinned more than he, have not acquired the fruit of repentance. For that reason, has this sorrow come upon me. Be yet merciful to me who pray:

O Lord, my Lord, strengthen me with power from above that I may not fall under the weight of this sorrow.

O Lord, my Lord, Who looked with compassion on the tears of Ezekiel, look with the eyes of Your kindheartedness on the tears I pour before You.

O Lord, my Lord, Who heard the sighs of Manasseh, hear the sighs of my heart.

O Lord, my Lord, Who live in the highest and look down on the humble, look down on me, a sinner.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

### **Kontakion 6**

The preacher of repentance, Your Forerunner, O Word of God, cries constantly to my conscience that I must repent of my evil deeds. Yet I, in my wretchedness, have disregarded it.

Your righteous wrath has therefore reached me, tribulations and sorrows have come upon me, a sinner. Before You visit me, though, O Lord God my Savior, give me time to weep for my sins and to cry to You: **Alleluia! (People sing Alleluia!)**

### **Ikos 6**

Your comforting word, my Savior, shone into my sorrow saying, "Ask and you shall receive." Avoiding the trap of despair, I have run to You, hoping in Your love for mankind, and praying:

O Lord, my Lord, and my Comfort, comfort me in my sorrow.

O Lord, my Lord, and my Protector, protect me from those who rise up against me.

O Lord, my Lord, and my Helper, help me for my soul has been exhausted by this sorrow.

O Lord, my Lord, the pre-eternal Memory, grant that I may always remember Your benefits and never despair of Your mercy.

O Lord, my Lord, and my Strength, strengthen me to ask for Your help without embarrassment.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

### **Kontakion 7**

When the impious King Nebuchadnezzar of old wished to destroy the youths, he commanded them to be cast into the fiery furnace, but You, O Heavenly Father, sent Your Angel to cool the hot flames. Send even now Your consolation to Your servant, and save me for Your mercy's sake. Even though I have sinned, I have not turned away from You and I worship You, the One True God, singing: **Alleluia! (People sing Alleluia!)**

### **Ikos 7**

You wondrously glorified Yourself in Pharaoh and all his hosts, O God of Israel, for You saw the affliction of your people and heard their cry. Hear my prayer also and save me who cry to You:

O Lord, my Lord, Who delivered Your people from the hands of their enemies, deliver me also from the hands of those who hate me.

O Lord, my Lord, Who brought Your chosen people out of the land of Egypt, bring my soul out of this sorrow.

O Lord, my Lord, Who bring battles to an end, bring to an end the plots of those who think evil against me.

O Lord, my Lord, Who drowned the chosen captain in the Red Sea, drown the multitude of my unrighteousness in the sea of Your compassion.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**



### **Kontakion 8**

I made myself a stranger to Your mercy, O Heavenly Father, drawing away from You by evil deeds and enslaving myself to this world of vanity. I am therefore aflame with great sorrow, drowning in the depths of despair. Even so, since You are compassionate and love mankind, receive me who have gone astray, and save me from these misfortunes as I cry: **Alleluia!**  
**(People sing Alleluia!)**

### **Ikos 8**

Fully defiled by the uncleanness of sin and plunged into the depths of evil, I lift up my eyes to You Who dwell in the heavens: hear my tearful cry:

O Lord, my Lord, Who illumined the day with the light of the sun, illumine my soul which has been darkened by the gloom of this world's vanities.

O Lord, my Lord, most gracious Comforter, fill my sinful soul with Your divine Comfort.

O Lord, my Lord, by Whose Word the heavens were established, establish me in the confession of Your Holy Name.

O Lord, my Lord, Who are borne by the Cherubim and hymned by the Seraphim, receive the prayer offered by me, a sinner.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

### **Kontakion 9**

O most gracious Comforter, the Fountain of all mercy and the Giver of reason, teach me to say what is worthy of You. Fill, with Your divine consolation, my mind which is troubled by sorrow of this world and my soul which is darkened by passions, so that with joy, I may sing to You: **Alleluia! (People sing Alleluia!)**

### **Ikos 9**

The most eloquent of orators cannot express the multitude of Your kindness and love for the human race, O Son of God, for You humbled Yourself to the form of a servant. Turn me not away, for though my sins are innumerable, yet I do stand before You with fear and pray:

O Lord, my Lord, Good Shepherd Who gave Your life for the sheep, deliver me, the sheep gone astray, from the jaws of the ravaging wolf who seeks to devour me.

O Lord, my Lord, Who for our sake was mocked, beaten, nailed to the Cross, keep me from the mockery of visible and invisible enemies for the sake of Your Passion.

O Lord, my Lord, the Sinless One Who was numbered with the transgressors, wrestle me from the hands of those who hate me.

O Lord, my Lord, by Whose wounds we are all healed, heal my soul which is wounded by bitterness.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

### **Kontakion 10**

Wishing to save Israelites You had chosen from the bondage of Egypt, You called Moses Your servant from the Burning Bush, saying to him, "I have surely seen the affliction of my people which are in Egypt and have heard their cry." Look also now, Lord, on my affliction and heal the ills of my heart, that with thanksgiving I may cry to You: **Alleluia! (People sing Alleluia!)**

### **Ikos 10**

O Heavenly King, the Comforter, the Spirit of Truth, show Your compassion on me, Your servant, visit my soul which is immersed in sorrow and strengthen me to pray to You:

O Lord, my Lord, Who taught the Apostles to proclaim in strange tongues, teach me to fear You.

O Lord, my Lord, Who filled the martyrs with boldness before their tormentors, grant me to stand boldly against sin, the world, and the devil.

O Lord, my Lord, the Holy Sanctifier of your faithful, sanctify my soul that it may be worthy to be called to your throne.

O Lord, my Lord, Light and Giver of Light, enlighten me who am darkened by the gloom of sin.

O Lord, my Lord, the Treasury of blessings, do not deprive me of the gifts of Your Grace.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

### **Kontakion 11**

Do not despise me, O most gracious Master, who bring to You this song full of compunction and who pray with a contrite heart. Turn Your face away from my sins, but do not turn Your face away from Your servant, for I am afflicted. Hear me quickly, who sing to you: **Alleluia! (People sing Alleluia!)**

### **Ikos 11**

O Jesus Christ, the True Light, enlighten my passion-darkened soul with the light of your Grace, that I may pray to You with reverence, saying:

O Lord, my Lord, do not destroy me who dare to stand before You in my wretchedness and my unreformed life.

O Lord, my Lord, O life-giving Warmth, warm me who have withered in this sorrow.

O Lord, my Lord, the radiance of the Father's glory, radiate the light of Your Protection over me.

O Lord, my Lord, Who make the angels Your spirits and your servants a flaming fire, send Your angel to keep me from all harm.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

### **Kontakion 12**

For the sake of Your kindness and love for the human race, O Heavenly Father, You sent Your Only-begotten Son, our Lord Jesus Christ, who appeared on earth and lived with man.

Being sinless, He was finally numbered among the transgressors and renewed, with His blood, our nature which had been corrupted by sin, teaching the whole world to sing: **Alleluia!**  
**(People sing Alleluia!)**

### **Ikos 12**

Singing Your inexpressible love for mankind, O Christ God, Who for our salvation willingly endured the Cross and death, I confess Your righteous judgment, for in truth and justice, You brought this sorrow upon me for my sins. Yet, since You came not to call the righteous but sinners to repentance, hear me, the most sinful of men, as I pray to You:

O Lord, my Lord, the Lamb of God Who take away the sins of the world, take from me the heavy burden of my sins.

O Lord, my Lord, Who were led to the slaughter as a blameless Lamb, teach me to bear the ills that come upon me without complaint.

O Lord, my Lord, Who tore up the handwriting of Adam's sin, tear up the handwriting of my innumerable sins.

O Lord, my Lord, Who accepted the repentance of the thief, accept the repentance of me, a sinner.

O Lord, my Lord, Who resurrect the dead, resurrect my sin-deadened soul.

O Lord, my Lord, Who raise up the fallen, raise me who have fallen.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

## **Kontakion 13**

**(To be read three times.)**

O my most compassionate and gracious Lord, God, the Protector of the oppressed and the Hope of the hopeless, look with the eye of Your loving-kindness on my affliction and sorrow, and, for Your mercy's sake, save us who sing to You: **Alleluia! Alleluia! Alleluia!** (People sing **Alleluia! Alleluia! Alleluia!**)

## **Ikos 1**

O Creator of angels and Lord of Hosts, You did not despise the Virgin's womb for the sake of the salvation of fallen man. You later endured spitting, mocking, and a shameful death, O, Word of God, for You are good and love mankind. Meditating on this, I dare to come to You and pray with tears:

O Lord, my Lord, my merciful Savior, save me who am perishing.

O Lord, my Lord, Who came not to save the righteous, but sinners, save me from this temptation.

O Lord, my Lord, Who took on our afflictions and illnesses, heal the illnesses of my heart.

O Lord, my Lord, Who gave peace to Your world through Your Cross, send down Your peace into my troubled heart.

O Lord, my Lord, Who destroyed death by your death, destroy the wiles of the evil one that are in me.

O Lord, my Lord, my merciful Savior, save me who am perishing.

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

### **Kontakion I**

O martial Leader of Hosts and Lord, the joy and happiness of Your servants; wherever You are, all sorrow is consumed - wherever You are not, all joy is in vain! Look down on me, a sinner perishing in grief. By revealing Your salvation, visit me who cry:

**O Lord, my Lord and my joy, grant that I may rejoice  
in Your mercy.**

### **PRAYER 1**

Save me, Lord, for I am perishing. Behold, my boat is in distress from the temptations of this life's waves and is close to sinking. Yet, since You are a merciful God, full of compassion for our frailties, calm by Your almighty power the distressing waves which seek to sink me and drag me down to the depths of evil. May a calm spirit come upon me, for the winds and the sea obey You. **Amen.**

### **PRAYER 2**

Save me, my Savior, according to Your mercy, not according to my deeds. You want to save me. You know the manner by which to save me. Save me, then, as You wish, as You can, as You know how, Save me, You Who know our paths. I hope in You, my Lord, and I entrust myself to Your holy will. Do with me whatever You wish. If You want me to be in the light, may You be blessed. If You want me to be in darkness, may You be blessed. If You open the doors of Your compassion to me, it is well and good. If You shut the doors of Your compassion to me,

may You be blessed, Lord, for shutting me out justly. If You do not destroy me in my iniquities, glory to Your boundless compassion. If You destroy me in my iniquities, glory to Your righteous judgment. As You will, order my life. **Amen.**



Glorifying God Through His Light  
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