

TYPIKA AT HOME: DECEMBER 5, 2021  
TWENTY-EIGHTH SUNDAY AFTER PENTECOST  
OUR HOLY FATHER SABBAS THE SANCTIFIER

**Troparion, Tone 3:**

Let the heavens rejoice, let the earth be glad; for the Lord has shown the might of his arm. By his death the Lord has trampled Death; he has become the first-born of the dead; he has delivered us from the depths of Hades and has granted great mercy to the world.

**Troparion, Tone 8:**

Your abundant tears made the wilderness sprout and bloom, and your deep sighings made your labor fruitful a hundredfold. You became a star shining over the world with miracles, holy father Sabbas. Pray to Christ God that he may save our souls.

*The following is then read:*

On December 5, we commemorate our venerable father Sabbas the Sanctifier.

Sabbas, who followed in the footsteps of his Master, walked behind him on the road here below; in the life above, he finds himself before him face to face. On the fifth day of December, heaven received Sabbas.

Through his holy prayers, O our God, have mercy on us and save us. Amen.

*Leader:* Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*Response:* Amen.

Glory to you, our God, glory to you.

Heavenly King, Comforter, Spirit of Truth, everywhere present and filling all things, Treasury of blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious One.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. (*Three times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

Most Holy Trinity, have mercy on us; Lord, cleanse us of our sins; Master, forgive our transgressions; Holy One, come to us and heal our infirmities for your name's sake.

Lord, have mercy. (*Three times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. 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.

**Leader:** Lord Jesus Christ, Son of God, have mercy on us.

**Response:** Amen.

Lord, have mercy. (*Twelve times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen

Come, let us worship our King and God.

Come, let us worship Christ, our King and God.

Come, let us worship and bow before the only Lord Jesus Christ the King and our God.

*We chant the Typical Psalms:*

**Psalm 102:**

Bless the Lord, O my soul,  
and all my being, bless his holy name.

Bless the Lord, O my soul,  
and never forget all his blessings.

It is he who forgives all your guilt,  
who heals every one of your ills,

who redeems your life from the grave,  
who crowns you with love and compassion,

who fills your life with good things,  
renewing your youth like an eagle's.

The Lord does deeds of justice,  
gives judgment for all who are oppressed.

He made known his ways to Moses  
and his deeds to Israel's sons.

The Lord is compassion and love,  
slow to anger and rich in mercy.

His wrath will come to an end;  
he will not be angry forever.

He does not treat us according to our sins  
nor repay us according to our faults.

For as the heavens are high above the earth  
so strong is his love for those who fear him.

As far as the east is from the west  
so far does he remove our sins.

As a father has compassion on his sons,  
the Lord has pity on those who fear him;  
for he knows of what we are made,  
he remembers that we are dust.

As for man, his days are like grass;  
he flowers like the flower of the field;  
the wind blows and he is gone  
and his place never sees him again.

But the love of the Lord is everlasting  
upon those who hold him in fear;  
his justice reaches out to children's children  
when they keep his covenant in truth,  
when they remember his commands and do them.

The Lord has set his throne in heaven  
and his kingdom is ruling over all.

Bless the Lord, all his angels,  
mighty in power, fulfilling his word,  
who heed the voice of his word.

Bless the Lord, all his hosts,  
his servants who do his will.

Bless the Lord, all his works,  
in every place where he rules.

Glory to the Father, and to the Son,  
and to the Holy Spirit,  
now and ever and forever. Amen.

Bless the Lord, O my soul!  
and all my being, bless his holy name.

Blessed are you, O Lord.  
Glory to the Father, and to the Son,  
and to the Holy Spirit.

Praise the Lord, O my soul.

I will praise the Lord all my life.

I will make music to my God while I live.

Put no trust in princes,  
in mortal men in whom there is no help.

Take their breath, they return to clay  
and their plans that day come to nothing.

He is happy who is helped by Jacob's God,  
whose hope is in the Lord his God,

who alone made heaven and earth,  
the seas and all they contain.

It is the Lord who keeps faith forever,  
who is just to those who are oppressed.

It is he who gives bread to the hungry,  
the Lord, who sets prisoners free,

the Lord who gives sight to the blind,  
who raises up those who are bowed down,

the Lord, who protects the stranger  
and upholds the widow and orphan.

It is the Lord who loves the just  
but thwarts the path of the wicked.

The Lord will reign forever,  
Zion's God, from age to age.

Now and ever  
and forever. Amen.

### **Hymn of the Incarnation**

O only-begotten Son and Word of God, who, being immortal, deigned for our salvation to become incarnate of the holy Theotokos and Ever-Virgin Mary, and became man without change; you were also crucified, O Christ our God, and by death have trampled Death, being One of the Holy Trinity, glorified with the Father and the Holy Spirit, save us.

### **Troparia at the Beatitudes**

In your kingdom, remember us, O Lord, when you come in your kingdom.

12. Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.
11. Blessed are they who mourn,  
for they will be comforted.
10. *Blessed are the meek,  
for they will inherit the land.*

(Tone 3) O Christ, from Paradise you banished our forefather Adam who rejected your commandment; and, O Compassionate One, into Paradise you brought the thief who confessed you on the cross, as he cried out, “Remember me, O Savior, in your kingdom.”

9. *Blessed are they who hunger and thirst for  
righteousness, for they will be satisfied.*

- Lord and Giver of life, when we sinned you condemned us to the curse of death; and, O Master, when you suffered without sin in your body, you gave life to mortals who cry out, “Remember us also in your kingdom.”

8. *Blessed are the merciful, for they will be shown mercy.*

- Having risen from the dead, O Lord, by your resurrection you raised us with you from the passions; you destroyed the entire dominion of death, O Savior. Therefore we cry out in faith, “Remember us also in your kingdom.”

7. *Blessed are the pure of heart, for they will see God.*

- By your three-day burial you, as a life-giving God, raised with you the dead in Hades, and you, as a good God, poured out incorruption on us all who in faith cry out always, “Remember us also in your kingdom.”

6. *Blessed are the peacemakers, for they will be called children of God.*

- Having risen from the dead, you appeared first to the myrrh-bearing women, O Savior, and cried out, “Rejoice!” Through them, you reveal your rising to your friends, O Christ. Because of this, we cry out, “Remember us also in your kingdom.”

5. *Blessed are they who are persecuted for the sake of righteousness,  
for theirs is the kingdom of heaven.*

- On the mountain Moses prefigured the cross by spreading out his arms and turning back Amalek. Having received the cross as a powerful weapon against demons, we all cry out, “Remember us also in your kingdom.”

4. *Blessed are you when they insult you and persecute you  
and utter every kind of evil against you falsely because of me.*

(Tone 8) Having set your mind as master over the passions, O you who are most rich, you showed yourself forth as a dispenser of justice; for you clearly subjected what is worse to that which is better. Therefore, you flourish in the desert like a palm tree, O father.

3. *Rejoice and be glad, for your reward will be great in heaven.*

- Having resolved to follow in the steps of the Master, you forsake your homeland; and, making your dwelling in the desert, you won a victory over the adversaries, strengthened by the power of God.

2. *Glory to the Father, and to the Son, and to the Holy Spirit.*

- Strengthened by steadfastness of mind, O most blessed one, you denounced the many wiles of the enemy, and unmasked them in the sight of all, and made his overweening audacity to be nothing, O wise one.

1. *Now and ever and forever. Amen.*

- Perceiving you to be sacred of soul and adorned with simplicity of intent and with the virtues, Euthymius, the most radiant star, received you, prophetically proclaiming your

splendor, O most blessed one.

**Prokeimenon, Tone 3:**

Sing praise to our God, sing praise; sing praise to our King, sing praise.

*Verse:* All you peoples, clap your hands; shout to God with cries of gladness.

**Prokeimenon, Tone 7:**

Precious in the eyes of the Lord is the death of his faithful.

Epistle: Colossians 1:12-18 and Galatians 5:22-6:2

*Leader:* A reading from the Letter of St. Paul the Apostle to the Colossians.

Brothers and Sisters: give thanks to the Father, who has made you fit to share in the inheritance of the holy ones in light. He delivered us from the power of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins. He is the image of the invisible God, the firstborn of all creation. For in him were created all things in heaven and on earth, the visible and the invisible, whether thrones or dominions or principalities or powers; all things were created through him and for him. He is before all things, and in him all things hold together. He is the head of the body, the church. He is the beginning, the firstborn from the dead, that in all things he himself might be preeminent.

Brothers and Sisters: the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such there is no law. Now those who belong to Christ Jesus have crucified their flesh with its passions and desires. If we live in the Spirit, let us also follow the Spirit. Let us not be conceited, provoking one another, envious of one another. Brothers, even if a person is caught in some transgression, you who are spiritual should correct that one in a gentle spirit, looking to yourself, so that you also may not be tempted. Bear one another's burdens, and so you will fulfill the law of Christ.

**Alleluia, Tone 3:** Alleluia, alleluia, alleluia

*Verse:* In you, O Lord, I have placed my trust; let me never be put to shame.

*Verse:* Be a protector for me, O God, and a house of refuge for my salvation.

**Alleluia, Tone 6:** Alleluia, alleluia, alleluia

*Verse:* Happy the man who fears the Lord and greatly delights in his commands.

*Leader:* A reading from the gospel of the holy apostle and evangelist Luke. (Luke 17:12-19 and Matthew 11:27-30)

*Response:* Glory to you, O Lord, glory to you.

*Leader:*

At that time: As Jesus was entering a village, ten lepers met him. They stood at a distance from him and raised their voice, saying, "Jesus, Master! Have pity on us!" And when he saw them, he said, "Go show yourselves to the priests." As they were going they were cleansed. And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him. He was a Samaritan. Jesus said in reply, "Ten

were cleansed, were they not? Where are the other nine? Has none but this foreigner returned to give thanks to God?" Then he said to him, "Stand up and go; your faith has saved you."

The Lord said: All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him. "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves.

*Response:* Glory to you, O Lord, glory to you.

*Then:*

Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever and forever. Amen.

Remember us, O Lord,  
when you come in your kingdom.

Remember us, O Master,  
when you come in your kingdom.

Remember us, O Holy One,  
when you come in your kingdom.

The heavenly choir praises you and says,  
Holy, holy, holy, Lord God of hosts;  
heaven and earth are filled with your glory.

Look towards him and be radiant;  
let your faces not be abashed.

The heavenly choir praises you and says,  
Holy, holy, holy, Lord God of hosts;  
heaven and earth are filled with your glory.

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

The choir of holy angels and archangels, with all the heavenly powers, praises you and says,  
Holy, holy, holy, Lord God of hosts;  
heaven and earth are filled with your glory.

Now and ever  
and forever. Amen.

### **Profession of Faith**

I believe in one God, the Father Almighty, Creator of heaven and earth, of all things visible and invisible; and in one Lord Jesus Christ, Son of God, the only-begotten, born of the Father before all ages. Light from light, true God from true God, begotten, not made, one in essence with the Father; through whom all things were made. For us and for our salvation, he came down from heaven and was incarnate from the Holy Spirit and the Virgin Mary, and became man. He was crucified for us under Pontius Pilate, and suffered and was buried. He rose on the third day according to the scriptures. He ascended into heaven and is seated at the right hand of the Father, and he is coming again in glory to judge the living and the dead, and his kingdom will have no end. And in the Holy Spirit, the Lord, the Creator of Life, who proceeds from the Father. Together with the Father and the Son he is worshiped and glorified; he spoke through the prophets. In one, holy, catholic, and apostolic Church. I profess one baptism for the remission of sins. I expect the resurrection of the dead and the life of the world to come. Amen.

Remit, pardon, and forgive our transgressions, voluntary and involuntary, in deed and in word, with knowledge and in ignorance, in thought and in desire, by night and by day, forgive them all, O God, for you are good and love us all.

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.

*Leader:* Lord Jesus Christ, Son of God, have mercy on us.

*Response:* Amen.

**Kontakion, Tone 3:**

Today, you arose from the grave, O merciful Lord; you led us out of the gates of Death. Today, Adam exults and Eve rejoices. With them, the prophets and patriarchs ever praise the might of your divine power.

Lord, have mercy. (*Twelve times*)

*Leader:* Most holy Trinity, Consubstantial Power, Indivisible Kingdom, Cause of all good things, look favorably upon me, a sinner, at this present hour. Take away all the defilement of my mind and enlighten my understanding that I may always praise, glorify, and say:

*Response:* One is holy, one is Lord Jesus Christ, to the glory of God the Father. Amen

*The Leader bows his head and together with the faithful makes a spiritual Communion praying aloud:*

O Lord, I believe and confess that you are truly Christ,  
who came into the world

To save sinners of whom I am the first.

*Although I cannot be a partaker now of your mystical supper, O Son of God,*  
Come at least spiritually into my heart by Your Divine Grace  
for the healing of my soul and body.

For I will not reveal your mystery to your enemies,  
Nor will I give you a kiss as did Judas,  
But like the thief I profess to you:  
+ Remember me, O Lord, when you come in your kingdom.  
+ Remember me, O Master, when you come in your kingdom.  
+ Remember me, O Holy One, when you come in your kingdom.  
O Lord, I also believe and profess, that this,  
Which I would receive, and which is now here present with us in Mystery,  
Is truly your most precious Body, and your life-giving Blood,  
Which, I pray, I may one day receive again  
For the remission of all my sins and for life everlasting. Amen

*Then immediately:*

**Psalm 33**

I will bless the Lord at all times,  
    his praise always on my lips;

In the Lord  
    my soul shall make its boast  
        The humble shall hear  
    and be glad.

Glorify the Lord with me.  
    Together let us praise his name.

I sought the Lord and he answered me;  
    from all my terrors he set me free.

Look towards him and be radiant;  
    let your faces not be abashed.

This poor man called, the Lord heard him  
    and rescued him from all his distress.

The angel of the Lord is encamped,  
    around those who revere him, to rescue them.

Taste and see that the Lord is good.  
    He is happy who seeks refuge in him.

Revere the Lord, you his saints.  
    They lack nothing, those who revere him.

Strong lions suffer want and go hungry  
    but those who seek the Lord lack no blessing.

Come, children, and hear me  
that I may teach you the fear of the Lord.

Who is he who longs for life and many days,  
to enjoy his prosperity?

Then keep your tongue from evil  
and your lips from speaking deceit.

Turn aside from evil and do good;  
seek and strive after peace.

The Lord turns his face against the wicked  
to destroy their remembrance from the earth.

The Lord turns his eyes to the just  
and his ears to their appeal.

The just cried out and the Lord heard them,  
and rescued them from all their distress.

The Lord is close to the broken-hearted;  
those whose spirit is crushed he will save.

Many are the trials of the just,  
but from them all the Lord will rescue them.

He will keep guard over all their bones,  
not one of their bones shall be broken.

Evil brings death to the wicked;  
those who hate the good are doomed.

The Lord ransoms the souls of his servants.  
Those who hide in him shall not be condemned.

More honorable than the cherubim, and beyond compare more glorious than the seraphim;  
who, a virgin, gave birth to God the Word, you, truly the Theotokos, we magnify.

**Leader:** Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy  
on us.

**Response:** Amen.

**Closing Hymns:**

**Kontakion, Tone 8:**

From your youth, O glorious Sabbas, you have been like an offering of incense in God's

presence. You were called the adornment of hermits and a true ascetic. Therefore, we cry out to you: Joy to you, O Father, worthy of all praise.