The Lamentations
Before the Holy Sepulcher
From Holy Saturday Orthros

In Greek and English
Modern English Translation by N. Takis

Dedicated to His Eminence Metropolitan Maximos of Pittsburgh
ΠΑΝΑΓΙΤΗΣ ΩΝ ΠΡΩΤΗ
ΗΧΟΣ ΠΛ. Α.

1. Ἡ Ζωή ἐν τάφῳ, Κατετέθης, Χριστέ, καὶ ἀγγέλων στρατιαὶ ἐξεπλήττοντο, συγκατάβασιν δοξάζουσι τὴν Σήν.

2. Ἡ Ζωὴ πῶς θησαυρός, κατασκευής τῶν νεκρῶν, ἐν τῷ τάφῳ οἰκεῖ, οὐκ ἔσται τόπος ἀτομικοῦ σῴζοντος.

3. Μεγαλύνομέν Σε, Ἰησοῦ Βασιλείου, καὶ τιμὸν τὴν Ταφήν καὶ τὰ Πάθη Σου, δι’ Ὀνομάζων ἡμῶν ἡμῶν σώσας ἐκ τῶν πυλών τῆς θανατοῦ.

4. Μέτρα γὰρ θυσίας, ἐν σμικρῷ τοῦ πολυπλοκῶν τῶν νεκρῶν, Ἰησοῦ Βασιλείου, τὸν θάνατον ἔσωσας ἐκ τῶν πυλῶν τῆς θανατοῦ.

5. Ἰησοῦ Χριστε, Βασιλείου, καθορός, καὶ ἐν μνήμητι τῶν νεκρῶν, ὁ κενώσας τὰ μνημεῖα τῶν νεκρῶν.

6. Ἡ Ζωή ἐν τάφῳ, Κατετέθης, Χριστέ, καὶ θανάτῳ Σου τὸν θάνατον ἔσωσας, καὶ ἐπήγαγας τῷ Κόσμῳ, τὴν Ζωήν.

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24. Εἰρήνην Ἐκκλησία, λαῷ Σου σωτηρίαν, δόρησαι Σῷ Εγέρσει.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Πνεύματι,

25. Ὡς Θεὸς, Θεέ μου, Πατὴρ, Υἱὸς, καὶ Πνεῦμα, ἐλέησον τὸν Κόσμον.

Καὶ γὰρ καὶ ἄξιος ἐστὶς τῶν αἰῶνων. Ἀμήν.

26. Ἐξεύλογε τοῦ Υἱοῦ Σου, ὅπως ἐλέησεν καὶ ἐξεύλογε τὸν Κόσμον.

IΕΡΕΥΣ: Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶmen.

ΛΑΟΣ: Κύριε ἐλέησον.

IΕΡΕΥΣ: Ἀντιλαβοῦ, σῶσον, ἐλέησον, καὶ διαψυχασθήσῃς ἡμᾶς ὁ Θεός ἡμῶν Ἰησοῦς Χριστός.

ΛΑΟΣ: Κύριε ἐλέησον.

IΕΡΕΥΣ: Τῆς Παναγίας, ἀχράντου, ὑπερευλογημένης, ἐνδόξου, Δεσπότης ἡμῶν Θεοτόκου καὶ Αγίας Μαρίας, μετὰ πάντων τῶν ἁγίων μνημονευόμενων ἁστικῶν καὶ ἀλλήλων καὶ πάνω τῆς ζωῆς ὑμῶν, Χριστὸς τὸ Θεόν ἡμῶν Παναγίας Αγάθου καὶ Αἰειπαρθένου... καὶ ἀλλήλους καὶ οἰκίων ἡμῶν, Χριστὸς θεοῦ Πνεύματι καὶ αἰώνι, καὶ εἰς τοὺς αἰῶνας τοῦ αἰῶνος.

ΛΑΟΣ: Ἀμήν.

THE LAMENTATIONS

FIRST STASIS
Plagal First Tone

1. In a grave they laid You, yet, O Christ, You are Life, and the armies of the angels beheld amazed, giving glory that You chose to condescend.

2. How, O Life, do You die? How do You live entombed? For You slashed through all the bonds in the realm of death, and have raised the dead from Hades from their graves.

3. We, O Lord, exalt You, O Christ Jesus, our King, and we venerate Your Passion and burial through which You have brought redemption from our sins.

4. You have set the measures of the earth, yet this day in a narrow tomb now dwell, Jesus, King of all, Who has raised those who were dead up from their tombs.

5. O my own Christ Jesus, You are King of the world. Why have You come down to Hades to seek the dead? Is it not to set the race of mortals free?

6. He Who is the Master of creation appears as a corpse and lies entombed in a fresh-hewn grave, though He emptied every gravesite of its dead.

7. In a grave they laid You, yet, O Christ, You are Life. By Your death You have abolished the realm of death, and upon the world have poured down streams of Life.

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8. Ὁ ὡραῖος κάλλει, παρὰ πάντας βροτοὺς, ώς άνείδες νεκρός καταφαίνεται, ὅ τὴν φύσιν ὃραείς τοῦ παντός.
9. Ἰησοῦ ἐγκαίνια μοι, και Σωτῆριον Φῶς, τάφῳ πῶς ἐν σκοτεινῷ κατακέκρυψαι; ὁ θανάσιμο, καὶ ἀρρήτου ἀνοχῆς!
10. Ἀπορεὶ καὶ φύσις, νοερὰ καὶ πληθύς, ἡ ἀσώματος Χριστὲ τὸ μυστήριον, τὸ ἐν τῷ κράτος ἀφράστου καὶ ἀρρήτου Σου ταφὸς.
11. Προσκυνὸ τὸ Πάθος, ἀνυμνὸ τὴν Ταφήν, μεγαλύνω Σου τὸ κράτος Ἰησοῦς, δι' ἐν τῷ λέλυμι παθὸν φθοροποιῶν.
12. Ἡ Ἀμνάς τὸν Ἅρνα, βλέπουσα ἐν σφαγῇ, ταῦτα ἀποκριθήνη ἠλάλαζε, συγκινοῦσα καὶ τὸ ποίμνιον βοῶν.
13. Οἴμοι Φῶς τὸν Κόσμον! οἴμοι Φῶς τὸν Κόσμον! Ἱησοῦς, ποθεινότατε ἔκραζεν, ἡ Παρθένος θρηνοῦσα γοερῶν.
14. Ὁ Θεὸς καὶ Λόγος, ὁ ἐν τῷ Κόσμῳ, ἡ ἀνεάγχωσ τῆς θανάσιμος, ἡ Παρθένος ὑπενεκρίνεται γεφυρωτη.
15. Τίς μοι δώσει ὕδωρ, καὶ δακρύων πηγάς, ἡ Θεόνυμφος Παρθένος εκραύγαζε, ἵνα κλαύσω τὸν γλυκὸν μου Ἰησοῦς;
16. Δόξα Πατρὶ καὶ Υἱοῦ καὶ Αγίου Πνεύματι.
12. ὦ γλυκὸ μου ἔαρ, γλυκύτατόν μου Τέκνον, ποῦ ἔδυ Σου τὸ κάλλος;

13. Θρόνον συνεκίνει, ἡ Πάναγνός σου Μήτηρ, Σοῦ, Λόγε, νεκρωθέντος.

14. Θάνατον θανάτῳ, Σὺ θανατοὸὢψὑύόὁΜ.ῃώΦς Θεέ μου, θείᾳ Σου δυναστείᾳ.

15. Πεπλάνηται ὁ πλάνος, ὁ πλανηθεὶς λυτροὸὢψὑύόΕΜ.ῃώΦται, σοφίᾳ Σὸὢψὑύό4μ.ῃώΦ Ἰωάννου.

16. Υἱὲ ΘεοὸὢψὑύόΕΜ.ῃώΦ Παντάναξ, Θεέ μου παλαιοφυία μου, πὸὢψὑύόοΜ.ῃώΦς πάθος κατεδέξω;

17. Ἡ ∆άμαλις τὸν Μόσχον, ἐν Ξύλῳ κρεμασθέντα, ἠλάλαζεν ὀφθαλμὸὢψὑύόςα.

18. ὦὢψὑύόΜΕ.ῃώΦ φὸὢψὑύόοΜ.ῃώΦς τὸὢψὑύόοΜ.ῃώΦν ὀφθαλμὸὢψὑύόοΜ.ῃώΦν μου, γλυκύτατόν μου Τέκνον, πὸὢψὑύόοΜ.ῃώΦς τάφῳ νὸὢψὑύόΕΜ.ῃώΦν καλύπτῃ;

19. ∆οξάζω Σου Υἱέ μου, τὴν ἄκραν εὐσπλαγχνίαν, ὦὢψὑύόᾍμ.ῃώΦς χάριν ταὸὢψὑύόΕΜ.ῃώΦτα πάσχεις.

20. Ἀνάστηθι οἰκτίρμον, ἡμὸὢψὑύόΒΜ.ῃώΦς ἐκ τὸὢψὑύόοΜ.ῃώΦν βαράθρων, ἐξανιστὸὢψὑύόοΜ.ῃώΦν τοὸὢψὑύόΕΜ.ῃώΦ Ἰωάννου.

21. Ἀνάστα Ζωοδότα, ἡ Σὲ τεκοὸὢψὑύόΕΜ.ῃώΦσα Μήτηρ, δακρυρροοὸὢψὑύόΕΜ.ῃώΦσα λέγει.

22. Οὐράνιοι ∆υνάμεις, ἐξέστησαν τὸὢψὑύόομ.ῃώΦ φόβῳ, νεκρὸν Σε καθορὸὢψὑύόοΜ.ῃώΦσαι.

23. Ἐρραναν τὸν τάφον, αἱ Μυροφόροι μύρα, λίαν πρωῒ ἐλθοὸὢψὑύόσαι. (τρις)
16. ἈνυμνοὸὢψὑύόΕΜ.ῃώΦμεν Λόγε, ἤ Philippος ἡμῶν Ἀγίων Συμνά, καὶ δοξάζομεν τὴν θείαν τοῦ Θεοῦ, καὶ τὸν Θεοῦ Σου Πνεύματι, καὶ δοξάζομεν τὴν θείαν Ταφήν.

Καὶ νῦν καὶ ἄει, καὶ εἰς τοὺς αἰώνας τῶν αἰώνων. Ἀμήν.

17. Μακαρίζομέν Θεοτόκε Ἀγνή, καὶ τιμῶμεν τὴν Ταφήν τὴν τριήμερον, τοῦ Υἱοῦ Σου καὶ Θεοῦ ἡμῶν πιστῶς.

18. Ἡ Ζωὴ ἐν τάφῳ, κατετέθης Χριστέ, καὶ Αγγέλων στρατίων ἐξεπλήττοντο, συγκατάβασιν δοξάζομεν τὴν Ζήν.

ΚΑΙ ΝΗΜΑ: Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθὸὢψὑύόΜ.ῃώΦμεν.

1. Every generation offers adoration my Christ, at Your entombment.

2. The Arimathean from the Cross has brought You and in the tomb has laid You.

3. Anxiously the women carry myrrh and spices, my Christ, to lay before You.

4. Come with all creation, offering hymns of mourning to honor our Creator.

5. As women bearing myrrh did, let us in our awareness anoint as dead the Living.

6. Three-times blessed Joseph, you shall tend the Body of Christ, Who has bestowed Life.

7. Those He fed with manna have raised their heels to spurn Him from Whom all things are given.

8. Ignorance most foolish! Those who slew the prophets have come, O Christ, to slay You.

9. Mindless as a servant, he who learned the mysteries betrayed the Depths of Wisdom.

10. He who sold the Savior, Judas the Betrayer, has sold himself as captive.

11. With help from Nicodemos, Joseph tends the Body as does befit the Master.
ΣΤΑΣΙΣ ΤΡΙΤΗ
Ηχος Γ.

1. Αἱ γενεαὶ πᾶσαι, ὑμνον τῇ Ταφῇ Σου, προσφέρουσι Χριστὲ μου.
2. Καθελὼν τὸ Ξύλο, ὁ Ἀριμαθαίας, ἐν τάφῳ Σου κηδεύει.
3. Μυροφόροι ἔθρεψε τὸ μάννα, ἐκίνησαν τὴν πτέρναν, κατὰ τῷ Ἑὐεργέτου.
4. Ὡς νεκρὸν τὸν ζῶντα, σὺν Μυροφόροις πάντες, μυρίσωμεν ἐμφρόνως.
5. Ἐν τῷ τὸ τρίτῃ Προφητοκτόνων!
6. Προδέδωκεν ὁ μύστης, τὴν ἄβυσσον σοφίας.
7. Τὸν ῥύστην ὁ πωλήσας, αἰχμάλωτος κατέστη, ὁ δόλιος Ἰούδας.
8. Τὸν ρόστην ὁ πωλήσας, αἰχμάλωτος κατέστη, ὁ δόλιος Ἰούδας.
9. 'Ω τῆς παραφροσύνης, καὶ τῆς Χριστοκτονίας, τῆς τῶν Προφητοκτόνων!
10. Ὡς ἅφρων ὑπηρέτης, προδέδωκεν ὁ μύστης, τὴν ἄβυσσον σοφίας.
11. Ἐν τῷ τὸ τρίτῃ Προφητοκτόνων!

ΣΤΑΣΙΣ ΤΡΙΤΗ
Ichos Γ.

1. E ye-ne-e pa-se, im-non ti ta-fi Sou, pro-ste-rou-si Chri-ste mou.
3. Mi-ro-fo-ri il-thon, mi-ra Si, Chri-ste mou, ko-mi-zou-se pro-fro-nos.
6. I-o-sif tris-ma-kar, ki-dhef-son to So-ma, Chri-stou tou Zo-o-dho-tou.
8. O tis pa-ra fro-si-nis, ke tis Chri-sto-kto-ri-as, tis ton Pro-fi-to-ko-non!
9. Os af-ton i-pi-re-tis, pro-dhe-dho-ken o mi-stis, tin a-vi-son so-fi-as.
11. I-o-sil ki-dhe-vi, sin to Ni-kho-dhi-mo, ne-kro-pre-pos ton Kti-sti.

16. We will sing Your praises, Word and God of all things, with Your Father and Your Holy Spirit You are praised, and we glorify Your burial divine.

Both now and forever and unto the ages of ages. Amen.

17. You are known as blessed, Theotokos, most pure.

With our faithful hearts we honor the burial suffered three days by your Son, Who is our God.

18. In a grave they laid You, yet, O Christ, You are Life, and the armies of the angels beheld amazed, giving glory that You chose to condescend.

PRIEST: Again and again in peace, let us pray to the Lord.

PEOPLE: Lord, have mercy.

PRIEST: Help us, save us, have mercy upon us, and protect us, O God, by Your Grace.

PEOPLE: Lord, have mercy.

PRIEST: Remembering our most holy, pure, blessed, and glorious Lady Theotokos, and ever-virgin Mary and all the saints, let us commit ourselves and one another and our whole life to Christ our God.

PEOPLE: To You, O Lord.

PRIEST: For blessed is Your name and glorified is Your Kingdom, of the Father and of the Son and of the Holy Spirit, now and forever, and to the ages of ages.

PEOPLE: Amen.
1. Ἀξίον ἐστι, μεγαλύνειν Σε τὸν Ζωοδότην, τὸν Σταυρῷ τὰς χεῖρας ἐκτείναντα, καὶ συντρίπταντα τὸ κράτος τοῦ ἐχθροῦ.

2. Ἀξίον ἐστι, μεγαλύνειν Σε τὸν πάντων Κτίστην· Σοὸς γὰρ παθήμασιν ἔχομεν, τὴν ἀπάθειαν ῥυσθέντες τὸς φθορᾶς.

3. Ἐφρίξεν ἡ γὸς, καὶ ὁ ἥλιος ὁ ἀνεσπέρου φέγγους Χριστέ, ἐν τῷ τάφῳ δύντος νῦν σωματικὸς.

4. Μόνη γυναῖκος, χωρὶς πόνον ἔτεκόν Σε Τέκνον, πόνους δὲ νῦν φέρω πάθει τὸν Σὸς, ἀφορήτους, ἀνεβόα ἡ Σεμνή.

5. Τέτρωμαι δεινὸς, καὶ σπαράττομαι τὰ σπλάγχνα, βλέπουσα τὴν ἄδικόν σου σφαγήν, άναλόγιζεν ἡ Μήτηρ ἐν κλαυθμοῖς.

6. Ὄμμα τὸ γλυκύ, καὶ τὰ χείλη Σου πῶς μύσω Λόγε; πῶς νεκροπρεπὸς κηδεύσω Σε; ἀνεβόα μετὰ φρίκης Ἰωσήφ.

7. Γὸς Σε Πλαστουργέ, ὑπὸ κόλπους δεξαμένη τρόμῳ, συσχεθεὸς Σοὸς ζερσεία τινάσσεται, ἀφυπνώσασα νεκροὺς τὸν τάφῳ· φρὸς γὸς!

8. Λίθος λαξευτός, τὸν ἀκρόγωνον καλύπτει λίθον, ἄνθρωπος θνητὸς δ’ ὡς θνητὸν Θεόν, κατακρύπτει νῦν τῷ τάφῳ φρίζειν γῆν!

Both now and forever, and unto the ages of ages. Amen.

17. Life was born of you who are holy and most pure, O Virgin. Grant your Church protection from all dissent and reward us with the blessing of your peace.

18. Truly it is right that we magnify You Who bestows Life. Who upon the Cross with Your outspread hands have defeated all the power of the foe.

PRIEST: Again and again in peace, let us pray to the Lord.

PEOPLE: Lord, have mercy.

PRIEST: Help us, save us, have mercy upon us, and protect us, O God, by Your Grace.

PEOPLE: Lord, have mercy.

PRIEST: Remembering our most holy, pure, blessed, and glorious Lady Theotokos, and ever-virgin Mary and all the saints, let us commit ourselves and one another and our whole life to Christ our God.

PEOPLE: To You, O Lord

PRIEST: For Holy are You, O God, Who is seated on the throne of glory of the Cherubim, and to You we ascribe glory; together with Your eternal Father, and Your All-Holy, Good and Life-giving Spirit, now and forever, and to the ages of ages.

PEOPLE: Amen.
Καὶ νῦν καὶ ἄει, καὶ εἰς τῶν αἰῶνας τῶν αἰῶνων. Ἄμην.

17. Τέξασα Ζωήν, Παναμώμητε Άγνὴ Παρθένε, παῦσον Ἐκκλησίας τὰ σκάνδαλα, καὶ εἰρήνην ἐπιβράβευσον αὐτήν.

18. Ἀξίων ἐστι, μεγαλύνειν Σε τὸν Ζωοδότην, τὸν Σταυρὸν ἐκ τῶν χειρῶν ἐκτείναντα, καὶ συντρίβας τὸ κράτος τοῦ ἐχθροῦ.

ΙΕΡΕΥΣ: Ἐτι καὶ ἐτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

ΛΑΟΣ: Κύριε ἐλέησον.

ΙΕΡΕΥΣ: Ἀντιλαβοῦ, σῶσον, ἐλέησον, και διαφύλαξον ἡμᾶς ο Θεός τῇ Σῆ Χάριτι.

ΛΑΟΣ: Κύριε ἐλέησον.

ΙΕΡΕΥΣ: Τῆς Παναγίας, ἁχράντου, ὑπερευλογημένης, ἑνδόξου, ἀειπαρθενοῦ ἡμῶν Θεοτόκου, καὶ ἀειπαρθενοῦ Μαρίας, μετὰ πάντων τῶν ἀγίων μνημονεύσαντες ἑαυτούς καὶ ἀλλήλους καὶ πάσαν τὴν ζωὴν ἡμῶν, Χριστῷ τῷ Θεῷ παραθώμεθα.

ΛΑΟΣ: Σοὶ Κύριε.

ΙΕΡΕΥΣ: Ὅτι ἅγιος εἰ ὁ Θεὸς ἡμῶν, ὁ ἐπὶ θρόνου δόξης τοῦ Θεοτόκου καὶ σοὶ ἰδίως. "Εκ τοῦ Παναγίου τοῦ Θεοτόκου καὶ τῆς Μαρίας τινα βασιλείαν ἐκφυλίζει." Ἀμήν.

SECOND STASIS
Plagal First Tone

1. Truly it is right that we magnify You Who bestows Life, Who upon the Cross with Your outspread hands have defeated all the power of the foe.

2. Truly it is right that we magnify You, our Creator; through Your pain have we been released from pain, and from all corruption we have been set free.

3. All the earth did shake and the sun concealed itself in darkness when they set Your body into the tomb, Christ, the Savior and the never-setting Sun.

4. “Free from pain, my Child, I, alone among all women, bore you.” said Your modest Mother with humble voice. “Now Your passion brings more pain than I can bear.”

5. “Torn apart am I, and my womb, O Word, is wrenched within me as Your unjust slaughter assaults my eyes,” cried the Mother to her Son through bitter tears.

6. “Eyes that are so sweet, and Your lips, O Word, how shall I close them?” Joseph cried appalled, trembling in dismay. “How shall I entomb You as befits the dead?”

7. Fearfully the earth took Your body in her bosom, Savior. Holding her Creator, she quaked in fear, and awakened those who lay dead in their tombs.

8. Stone that man has hewn now conceals the Stone of Life’s Foundation; mortal men entomb God as mortal man, causing you O earth, to tremble in dismay!
9. Ἔδει Μαθητήν, ὃν ἠγάπησα καὶ Σὴν Μητέρα, Τέκνο, καὶ φθογγὴν δὸς γλυκύτατον, δακρυχέουσα ἔβα ἡ Ἁγνή.

10. Κάλλος, Λόγε, πρίν, οὐδὲ εἴδος ἕν τῷ πάσχειν ἔσχες, ἀλλ' ἐξαναστὰς ὑπερέλαμψας, καλλωπίσας τους βροτοὺς θείαις αὐγαὸς ἐν τῷ πάσχειν ἔσχες, ἀλλ' ἐξαναστὰς ὑπερέλαμψας, καλλωπίσας τους βροτοὺς θείαις αὐγαὸς ἐν τῷ πάσχειν ἔσχες.

11. Ἡλίος ὁμοὸς ἔμοι, καὶ σελήνη σκοτισθέντες Σὸς ἔμοι, δούλους εὐνοοὸς ἐν τῇ ὑπερέλαμψῃ, καλλωπίσας τους βροτοὺς θείαις αὐγαὸς ἐν τῇ ὑπερέλαμψῃ, καλλωπίσας τους βροτοὺς θείαις αὐγαὸς ἐν τῇ ὑπερέλαμψῃ.

12. Ἐκλάει πικρὸς, ἡ πανάμωμος Μήτηρ Σου, Λόγε, ὅτε ἐν τῷ τάφῳ ἑώρακε, ὁ ἥλιος τῇ ὑπερέλαμψῃ, καρδικός ἐν τῇ ὑπερέλαμψῃ, καρδικός ἐν τῇ ὑπερέλαμψῃ.

13. Νέκρωσιν τὴν Σήν, ἡ Πανάφθορος Χριστέ Σου Μήτηρ, βλέπουσα πικρὸς Σοι ἐφθέγγετο. Μὴ βραδύνῃς ἡ Ζωὴ ἐν τῷ θανάτῳ, καὶ ἀναπνεύσῃς ἐν τῷ θανάτῳ, καὶ ἀναπνεύσῃς ἐν τῷ θανάτῳ.

14. Νέκρωσιν τὴν Σήν, ἡ Πανάφθορος Χριστέ Σου Μήτηρ, βλέπουσα πικρὸς Σοι ἐφθέγγετο. Μὴ βραδύνῃς ἡ Ζωὴ ἐν τῷ θανάτῳ, καὶ ἀναπνεύσῃς ἐν τῷ θανάτῳ, καὶ ἀναπνεύσῃς ἐν τῷ θανάτῳ.

15. Νέκρωσιν τὴν Σήν, ἡ Πανάφθορος Χριστέ Σου Μήτηρ, βλέπουσα πικρὸς Σοι ἐφθέγγετο. Μὴ βραδύνῃς ἡ Ζωὴ ἐν τῷ θανάτῳ, καὶ ἀναπνεύσῃς ἐν τῷ θανάτῳ, καὶ ἀναπνεύσῃς ἐν τῷ θανάτῳ.

16. Νέκρωσιν τὴν Σήν, ἡ Πανάφθορος Χριστέ Σου Μήτηρ, βλέπουσα πικρὸς Σοι ἐφθέγγετο. Μὴ βραδύνῃς ἡ Ζωὴ ἐν τῷ θανάτῳ, καὶ ἀναπνεύσῃς ἐν τῷ θανάτῳ, καὶ ἀναπνεύσῃς ἐν τῷ θανάτῳ.