

The Universal Exaltation of the Precious and Life-Giving Cross

The First Antiphon

God, my God, attend to me! Why have You forsaken me?

Refrain: Through the prayers of the Theotokos, O Savior, save us!

Why are You so far from helping me, from the words of my groaning? **Refrain**

O my God, I cry by day, but You do not answer; and by night, but find no rest. **Refrain**

You dwell in the sanctuary, the praise of Israel. **Refrain**

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

Amen. **Refrain**

The Second Antiphon

O God, why do You cast us off forever?

Refrain: O Son of God, crucified in the flesh, save us who sing to You: Alleluia!

Remember Your congregation, which You have gotten of old! **Refrain**

Remember Mount Zion, where You have dwelt! **Refrain**

God is our King before the ages; He has worked salvation in the midst of the earth. **Refrain**

("Only-begotten Son and immortal Word of God...")

The Third Antiphon

The Lord reigns, let the people tremble! **Refrain: Troparion of the Feast (Tone 1)**

O Lord, save Your people and bless Your inheritance!

Grant victories to the Orthodox Christians over their adversaries;

and by virtue of Your Cross, preserve Your habitation!

The Lord reigns, let the people tremble! He sits enthroned upon the Cherubim; let the earth quake!

Refrain

The Lord is great in Zion; He is exalted over all the peoples. **Refrain**

Bow down in worship to the Lord in His holy court! **Refrain**

Entrance Verse

Extol the Lord our God: worship at His footstool for He is holy! (*Ps 98/99:5*)

Troparion (Tone 1)

O Lord, save Your people

and bless Your inheritance!

Grant victories to the Orthodox Christians

over their adversaries;

and by virtue of Your Cross,

preserve Your habitation!

Glory . . Now and ever and unto ages of ages. Amen

Kontakion (Tone 4)

As You were voluntarily raised upon the Cross for our sake,
grant mercy to those who are called by Your Name, O Christ God;
make all Orthodox Christians glad by your power,
granting them victories over their adversaries
by bestowing on them the invincible trophy,
Your weapon of peace!

(Instead of the Trisagion)

Before Your Cross, we bow down in worship, O Master,
and Your holy Resurrection we glorify. (3x)

Prokeimenon (Tone 7)

Extol the Lord our God: worship at His footstool for He is holy! *(Ps 98/99:5)*
v: The Lord reigns, let the people tremble! (Ps 98/99:1)

Epistle (1 Corinthians 1:18-24)

For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the cleverness of the clever I will thwart." Where is the wise man? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, it pleased God through the folly of what we preach to save those who believe. For Jews demand signs and Greeks seek wisdom, but we preach Christ crucified, a stumbling block to Jews and folly to Gentiles, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God.

Alleluia, Alleluia, Alleluia! (Tone 1)

v. Remember Your congregation, which You have gotten of old! (Ps 73/74:2)
v: God is our King before the ages; He has worked salvation in the midst of the earth. (Ps 73/74:12)

Gospel (John 19:6-11, 13-20, 25-28, 30-35) Therefore, when the chief priests and officers saw Him, they cried out, saying, "Crucify Him, crucify Him!" Pilate said to them, "You take Him and crucify Him, for I find no fault in Him." The Jews answered him, "We have a law, and according to our law He ought to die, because He made Himself the Son of God." Therefore, when Pilate heard that saying, he was the more afraid, and went again into the Praetorium, and said to Jesus, "Where are You from?" But Jesus gave him no answer. Then Pilate said to Him, "Are You not speaking to me? Do You not know that I have power to crucify You, and power to release You?" Jesus answered, "You could have no power at all against Me unless it had been given you from above. Therefore the one who delivered Me to you has the greater sin." When Pilate therefore heard that saying, he brought Jesus out and sat down in the judgment seat in a place that is called The Pavement, but in Hebrew, Gabbatha. Now it was the Preparation Day of the Passover, and about the sixth hour. And he said to the Jews, "Behold your King!" But they cried out, "Away with Him, away with Him! Crucify Him!" Pilate said to them, "Shall I crucify your King?" The chief priests answered, "We have no king but Caesar!" Then he delivered Him to them to be crucified. So they took Jesus and led Him away. And He, bearing His cross, went out to a place called the Place of a Skull, which is called in Hebrew, Golgotha, where they crucified Him, and two others with Him, one on either side, and Jesus in the center. Now Pilate wrote a title and put it on the cross. And the writing was: JESUS OF NAZARETH, THE KING OF THE JEWS. Then many of the Jews read this title, for the place where Jesus was crucified was near the city; and it was written in Hebrew, Greek, and Latin. Now there stood by the cross of Jesus His mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus therefore saw His mother, and the disciple whom He loved standing by, He said to His mother, "Woman, behold your son!" Then He said to the disciple, "Behold your mother!" And from that hour that disciple took her to his own home. After this, Jesus, knowing that all things were now accomplished, that the Scripture might be fulfilled, said, "I thirst!". So when Jesus had received the sour wine, He said, "It is finished!" And bowing His head, He gave up His spirit. Therefore, because it was the Preparation Day, that the bodies should not remain on the cross on the Sabbath (for that Sabbath was a high day), the Jews asked Pilate that their legs might be broken, and that they might be taken away. Then the soldiers came and broke the legs of the first and of the other who was crucified with Him. But when they came to Jesus and saw that He was already dead, they did not break His legs. But one of the soldiers pierced His side with a spear, and immediately blood and water came out. And he who has seen has testified, and his testimony is true.

Hymn to the Theotokos (Tone 8)

Magnify, O my soul, the most precious Cross of the Lord.
You are the mystical Paradise, O Theotokos,
in which Christ blossomed;
for He has planted upon the earth the life-giving tree of the cross.
Now at its Exaltation, we worship Him, and magnify you.

Communion Hymn

The light of Your countenance has shone on us, O Lord. (Ps 4/5:6) Alleluia, Alleluia, Alleluia.

Exaposteilarion at the Elevation of the Cross

The Cross is the guardian of the whole earth.
The Cross is the beauty of the Church.
The Cross is the strength of Orthodox Christians.
The Cross is the support of the faithful.
The Cross is the glory of the angels, and the wounder of the demons.

