

Third Sunday of Lent:
Sunday of the Adoration of the Cross

Troparion:

O Lord, save Thy people and bless Thy inheritance. Grant victories to the Orthodox Christians, over their adversaries; and by virtue of Thy Cross, preserve Thy habitation.

Kontakion:

Now the flaming sword no longer guards the gates of paradise; it has been mysteriously quenched by the wood of the Cross! The sting of death and the victory of hell have been vanquished; for Thou, O my Savior, didst come and cry to those in hell: Enter again into Paradise.

Hymn of the Cross:

Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection we glorify.

Prokeimenon:

Extol the Lord our God; worship at His footstool, for it is
holy!

The Lord reigns; let the peoples tremble!

Epistle	Gospel
Hebrews 4:14–5:6	Mark 8:34–9:1