The Song of Ascent (From My Youth) - Tone 4

From my youth, many passions have fought against me,

but do Thou help me, and save me, O my Savior.

You who hate Zion shall be put to shame by the Lord: you shall be withered up like the grass by the fire.

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

now and ever and unto ages of ages. Amen.

Every soul is enlightened by the Holy Spirit,

and is exalted in purity, illuminated by the Holy Trinity in a sacred mystery.