

VARIABLES
THE GOOD SHEPHERD ORTHODOX CHURCH
www.thegoodshepherd.org.au
29th March 2020

FOURTH SUNDAY OF GREAT LENT
Commemoration of the Righteous St. John of the Ladder
Tone 8

Saints of the Day: Hieromartyr Mark, Bishop of Arethusa, and Martyr Cyril the Deacon, of Heliopolis, who suffered under Julian the Apostate (c364); St. Diadochus, Bishop of Photice (5th century).

After the entrance hymn

Troparion for the Resurrection, Tone 8

From on high, O Lord, so kind and loving, * You descended to this earth of ours. * And to free us from our passions, * You suffered and died for us. * O our life and resurrection, * be pleased to hear our hymn of praise.

Troparion for St John of the Ladder, Tone 1

Dweller of the desert and angel in the body, * you were shown to be a wonder-worker, our God-bearing Father John. * You received heavenly gifts through fasting, vigil, and prayer: healing the sick and the souls of those drawn to you by faith. * Glory to Him Who gave you strength! * Glory to Him Who granted you a crown! * Glory to Him Who through you grants healing to all!

Troparion for the Good Shepherd, Tone 4

O Christ our God * The Good Shepherd of Your people; * Grant that when we hear Your voice * we may know You, Who call us by name, * and follow where You lead; * O Christ our God, risen from the dead, * glory be to You.

Kontakion of Great Lent

To you our captain Queen, our defence, the battle trophies won, your people rescued by your aid from peril. We dedicate an offering of thanksgiving O Theotokos, as you have might which none by war can overcome. From all forms of danger you have delivered us, that we may cry unto you, Hail, O virgin unwedded bride.

Epistle
Hebrews 6:13-20
(The Fourth Sunday of Lent)

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently waited, obtained the promise. For people swear by something greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He guaranteed it with an oath, so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to hold fast to the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

Gospel
Mark 9:17-30 (RSV)
(The Fourth Sunday of Lent)

At that time, a man came to Jesus kneeling down and saying, "Teacher, I brought my son to You, for he has a dumb spirit; and whenever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Your disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into fire and into water, to destroy him; but if You can do anything, have pity on us and help us." And Jesus said to him, "If You can believe all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, He rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting."