

Samopodoben: On the Third Day

Sticheron at the Praises, Sunday matins in the sixth tone

Тридневъ воскресль
Pattern: A-B A-B C

Optina Hermitage chant, tone 6

On the third day Thou didst rise from the tomb,

O Christ, as it is written, raising our forefather

with Thee. Therefore the human race gives glory to Thee,

and sings in praise of Thy Resurrection.