

## Litany of the Exaltation of the Holy Cross

Lord, have mercy.  
Lord, have mercy.  
Christ, have mercy.  
Christ, have mercy.  
Lord, have mercy.  
Lord, have mercy.  
Christ hear us.  
Christ graciously hear us.

God, the Celestial Father,  
Have mercy on us.  
God, the Son, Redeemer of the world,  
Have mercy on us.  
God, the Holy Ghost,  
Have mercy on us.  
Holy Trinity, the One God,  
Have mercy on us.

Holy Cross, where on the Lamb of God was offered  
for the sins of the world, Deliver and save us.

Hope of Christians, Save us, O Holy Cross.  
Pledge of the resurrection from the dead,  
Save us, O Holy Cross.  
Shelter of persecuted innocents, Save us, O Holy Cross.  
Guide of the blind, Save us, O Holy Cross.  
Way of those who have gone astray, Save us, O Holy Cross.  
Staff of the lame, Save us, O Holy Cross.  
Consolation of the poor, Save us, O Holy Cross.  
Restraint of the powerful, Save us, O Holy Cross.  
Destruction of the proud, Save us, O Holy Cross.  
Refuge of sinners, Save us, O Holy Cross.  
Trophy of Victory of hell, Save us, O Holy Cross.  
Terror of demons, Save us, O Holy Cross.  
Mistress of youth, Save us, O Holy Cross.  
Succor of the distressed, Save us, O Holy Cross.  
Hope of the hopeless, Save us, O Holy Cross.  
Star of the mariner, Save us, O Holy Cross.  
Harbor of the ship-wrecked, Save us, O Holy Cross.  
Rampart of the besieged, Save us, O Holy Cross.  
Father of orphans, Save us, O Holy Cross.  
Defense of widows, Save us, O Holy Cross.  
Counsel of the just, Save us, O Holy Cross.  
Judge of the wicked, Save us, O Holy Cross.  
Rest of the afflicted, Save us, O Holy Cross.  
Safeguard of childhood, Save us, O Holy Cross.  
Strength of manhood, Save us, O Holy Cross.  
Last hope of the aged, Save us, O Holy Cross.



Light of those who sit in darkness, Save us, O Holy Cross.  
Splendor of kings, Save us, O Holy Cross.  
Civilizer of the world, Save us, O Holy Cross.  
Buckler impenetrable, Save us, O Holy Cross.  
Wisdom of the foolish, Save us, O Holy Cross.  
Knowledge of the ignorant, Save us, O Holy Cross.  
Sure rule of life, Save us, O Holy Cross.  
Herald of prophets, Save us, O Holy Cross.  
Preached by apostles, Save us, O Holy Cross.  
Glory of martyrs, Save us, O Holy Cross.  
Study of anchorites, Save us, O Holy Cross.  
Chastity of virgins, Save us, O Holy Cross.  
Joy of priests, Save us, O Holy Cross.  
Foundation of the Church, Save us, O Holy Cross.  
Salvation of the world, Save us, O Holy Cross.  
Destruction of idolatry, Save us, O Holy Cross.  
Stumbling-block of the Jews, Save us, O Holy Cross.  
Condemnation of the ungodly, Save us, O Holy Cross.  
Support of the weak, Save us, O Holy Cross.  
Medicine of the sick, Save us, O Holy Cross.  
Health of leprous, Save us, O Holy Cross.  
Strength of the paralytic, Save us, O Holy Cross.  
Bread of the hungry, Save us, O Holy Cross.  
Fountain of those who thirst, Save us, O Holy Cross.  
Clothing of the naked, Save us, O Holy Cross.

Lamb of God, Who was offered on the Holy Cross for the sins of the world, Spare us, O Lord.  
Lamb of God, Who was offered on the Holy Cross for the sins of the world, Graciously hear us, O Lord.  
Lamb of God, Who was offered on the Holy Cross for the sins of the world, Have mercy on us, O Lord.

V. Lord, have mercy.  
R. Christ have mercy.  
V. Lord, have mercy.  
R. Christ have mercy.

V. We adore Thee, O Christ, and we bless Thee,  
R. because through Thy Holy Cross Thou hast redeemed the world.

V & R. Let us pray: O God, Who, for the redemption of the world, was pleased to be born in a stable, and to die upon a cross; O Lord Jesus Christ, by Thy holy Sufferings, which we, Thy unworthy servants, devoutly call to mind, by Thy Holy Cross, and by Thy Holy Death, deliver us from the pains of hell, and vouchsafe to conduct us where Thou didst conduct the thief who was crucified with Thee. Who lives and reigns eternally on earth and in heaven. Amen "

"Let us, therefore, not be ashamed of the Cross of Christ. You openly seal it upon your forehead that the devils may behold the royal sign and flee trembling, far away. Make then this sign at eating and drinking, at sitting, at lying down, at rising up, at speaking, at walking: in a word, at every act." (From the Fourth Catethetical Lecture by Saint Cyril of Jerusalem)