I lifted up my eyes to the mountains.

From there my help will come.

This hymn of praise, an offering of words,

we send up to you

at the setting of the sun,

O eternal King.

From every temptation of the enemy
From your everlasting mountains we were commanded to glorify the Holy Trinity,

We beg you, O Christ, to be our protector.

Do not overlook us, but grant to those who beseech you
the all-triumphant power of your holy cross

as help for our souls.

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

And do not let our feet be shaken,

O Savior, but through steadfast faith, firmly establish in our souls

hope and love

and faith for all eternity.
Ayzhm yev meeshd yev ha-vee-dyans ha-vee-de-neets amen

Now and always and unto the ages of ages. Amen.

Agh-para-tsoos-tesee mez uz-shnor-hus ko

Let the grace of your mercy flow into us as from a fountain.

zoghor-moo-tyan Der As-du-vadz khos-do-

In faith, Lord God, let us confess the Holy Trinity,

va-nes-tsook ha-vadov soorp zer-

the Father and the Son

ror too-tyoont z-Hayr yev zOr-tee yev uz-soorp

and the Holy Spirit

Ho-keet ha-vee-dyans a-men

forever, Amen.