Akathist to Saint Theodore the Studite

November 11

Kontakion 1. Chosen by God to be a pillar of the monastic life and a fearless confessor of the truth, O holy Theodore, you defended the holy icons and the law of Christ against emperors. Accept our song of praise, and pray to the Lord for us, that we may stand firm in the faith and cry to you:

Rejoice, holy Father Theodore, confessor of the holy icons!

Ikos 1. You were born in Constantinople in 759 to a noble and pious family. Your mother Theoktista raised you in the fear of God, and your uncle Plato, a monk of great holiness, became your spiritual father. Seeing a holy family give a saint to the Church, we sing:

Rejoice, child of the imperial city;
Rejoice, son of a pious family;
Rejoice, for your mother taught you the fear of God;
Rejoice, for your uncle Plato guided your soul;
Rejoice, for you learned the Scriptures from your youth;
Rejoice, for you were trained in every wisdom;
Rejoice, for God prepared you for great struggles;
Rejoice, flower of Constantinople;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 2. At the age of twenty-two, you left the world with your whole family, and together you went to the monastery of Sakkoudion in Bithynia, where your uncle Plato was abbot. There you labored in obedience and prayer, singing: Alleluia!

Ikos 2. You did the humblest tasks of the monastery, carrying water, chopping wood and serving the brethren, and you confessed your thoughts daily to your spiritual father. Marveling at your humility, we cry out:

Rejoice, for you left the world with your family;
Rejoice, monk of Sakkoudion;
Rejoice, for you labored in obedience;
Rejoice, for you did the humblest tasks;
Rejoice, for you confessed your thoughts daily;
Rejoice, for you loved your spiritual father;
Rejoice, for you grew in grace and wisdom;
Rejoice, model of obedience;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 3. In 787, the year of the Seventh Ecumenical Council, you were ordained priest by Patriarch Tarasius, and soon your uncle entrusted you with the leadership of the monastery. You accepted this burden with fear and sang to God: Alleluia!

Ikos 3. When the emperor Constantine VI put away his lawful wife and took another, you and Plato refused communion with those who approved his adultery, defending the law of Christ on marriage. For this, you were beaten and exiled to Thessaloniki. Wondering at your courage, we sing:

Rejoice, priest ordained in the year of the Seventh Council;
Rejoice, abbot of Sakkoudion;
Rejoice, defender of holy marriage;

Rejoice, for you rebuked the adultery of an emperor;
Rejoice, for you feared God rather than men;
Rejoice, for you were beaten for the truth;
Rejoice, for you were exiled to Thessaloniki;
Rejoice, fearless confessor;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 4. When you were recalled from exile, you were given the ancient monastery of the Studion in Constantinople, and there you gathered a great community of monks. The monastery grew to nearly a thousand brethren, and they sang with you: Alleluia!

Ikos 4. You gave the Studion a rule of life, ordering prayer, work, silence and obedience, and this rule spread to Athos, to Kiev and to the whole Orthodox world. Rejoicing in the fruit of your wisdom, we cry out:

Rejoice, abbot of the Studion;
Rejoice, father of a thousand monks;
Rejoice, for you gave the brethren a rule of life;
Rejoice, for you ordered prayer and work;
Rejoice, for your rule spread to Athos;
Rejoice, for the Caves of Kiev received your rule;
Rejoice, for you renewed monastic life;
Rejoice, lawgiver of monks;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 5. You spoke to your monks three times a week in your catecheses, teaching them the way of salvation with gentleness and wisdom. These words are still read in monasteries to this day, and the monks sing: Alleluia!

Ikos 5. You established a scriptorium where the brethren copied the Scriptures and the works of the Fathers in a clear hand, and you composed many hymns for the Triodion of Great Lent. Thanking God for this treasure, we sing:

Rejoice, for you taught your monks with gentleness;
Rejoice, for your catecheses are still read;
Rejoice, founder of a great scriptorium;
Rejoice, for the brethren copied the Scriptures;
Rejoice, for you preserved the works of the Fathers;
Rejoice, hymnographer of the Triodion;
Rejoice, for your hymns lead us through Lent;
Rejoice, treasury of learning;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 6. When the emperor Leo the Armenian revived the heresy of iconoclasm in 815, you stood against him with all your strength. On Palm Sunday, you led your monks in procession through the city, carrying the holy icons and singing: Alleluia!

Ikos 6. You told the emperor, "The affairs of the Church belong to the priests and teachers; your task is to govern the state." For this, you were beaten, starved and exiled for years. Marveling at your boldness, we cry to you:

Rejoice, for you stood against the iconoclast emperor;
Rejoice, for you carried the icons in procession;
Rejoice, for you defended the freedom of the Church;

Rejoice, for you told the emperor his limits;
Rejoice, for you were beaten for the icons;
Rejoice, for you were starved and imprisoned;
Rejoice, for you were exiled for years;
Rejoice, pillar of Orthodoxy;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 7. In your exile, you wrote many letters to encourage the persecuted faithful, and your words reached monks, bishops and laypeople in every place. They were strengthened by your letters and sang to God: Alleluia!

Ikos 7. You wrote treatises on the holy icons, explaining that the image is venerated for the sake of its prototype, and that because the Word became flesh, Christ can be depicted. Learning from your wisdom, we sing:

Rejoice, for you wrote letters to the persecuted;
Rejoice, for your words strengthened the faithful;
Rejoice, for you explained the theology of the icon;
Rejoice, for you taught that honor passes to the prototype;
Rejoice, for you confessed that the Word became flesh;
Rejoice, for you showed that Christ can be depicted;
Rejoice, for you defended the Incarnation;
Rejoice, teacher of the Church;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 8. Though you suffered much, you never lost your love for those who wronged you, and you prayed for your persecutors. Seeing your gentleness in suffering, the faithful sang: Alleluia!

Ikos 8. You endured hunger, cold and beatings with patience, and you rejoiced to share in the sufferings of Christ. Your example strengthened all who suffered for the icons, and so we cry out:

Rejoice, for you prayed for your persecutors;
Rejoice, for you loved those who wronged you;
Rejoice, for you endured hunger and cold;
Rejoice, for you rejoiced in the sufferings of Christ;
Rejoice, for you strengthened the persecuted;
Rejoice, for you were patient in all things;
Rejoice, for you bore your cross with joy;
Rejoice, confessor of Christ;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 9. When the persecution eased, you did not return to your monastery, but lived in exile near Constantinople, still guiding your monks by letters. You remained faithful to the end, singing: Alleluia!

Ikos 9. On November 11, 826, on the peninsula of Akritas, you gave your soul to God while your monks sang the psalm, "Blessed are the blameless in the way." Rejoicing at your blessed end, we sing:

Rejoice, for you guided your monks from exile;
Rejoice, for you remained faithful to the end;
Rejoice, for you reposed on November 11;
Rejoice, for your monks sang at your death;
Rejoice, for you walked blameless in the way;
Rejoice, for you were received into glory;

Rejoice, for you finished your course in faith;
Rejoice, blessed father;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 10. Your relics were brought back to the Studion, and the Church glorified you as a confessor and a father of monks. In 843, the holy icons were restored, and the faithful sang: Alleluia!

Ikos 10. The Triumph of Orthodoxy, which we celebrate on the first Sunday of Great Lent, is the fruit of your labors and sufferings, and of all who defended the icons. Rejoicing in that victory, we cry to you:

Rejoice, for your relics returned to the Studion;
Rejoice, for the icons were restored in 843;
Rejoice, for Orthodoxy triumphed;
Rejoice, for we celebrate your victory in Lent;
Rejoice, for your sufferings were not in vain;
Rejoice, for the Church honors you as a confessor;
Rejoice, for the icons shine in our churches;
Rejoice, glory of the Triumph of Orthodoxy;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 11. Every hymn falls short of your labors, O holy Theodore, for you defended the Church with your pen, your voice and your sufferings. Receive our song, offered with love, as we sing to God: Alleluia!

Ikos 11. You are a guide for all monks and nuns, for all who teach and for all who defend the truth, showing that the freedom of the Church is worth every sacrifice. Calling on your prayers, we sing:

Rejoice, guide of monks and nuns;
Rejoice, teacher of those who teach;
Rejoice, defender of the truth;
Rejoice, for you show that the Church must be free;
Rejoice, for you teach us courage before the powerful;
Rejoice, for you call us to obedience and humility;
Rejoice, for you lead us to venerate the icons rightly;
Rejoice, father of monastics;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 12. The grace of God works through your prayers, and the monasteries that follow your rule continue to bear fruit. Glorifying the Lord who gave you to the Church, we sing: Alleluia!

Ikos 12. Singing of your struggles, we praise Christ, who made you an abbot, a confessor and a teacher. We honor your memory and cry to you:

Rejoice, abbot of the Studion;
Rejoice, confessor of the holy icons;
Rejoice, defender of holy marriage;
Rejoice, lawgiver of monks;
Rejoice, hymnographer of the Triodion;
Rejoice, writer of letters to the persecuted;
Rejoice, pillar of Orthodoxy;
Rejoice, glory of Constantinople;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 13. O holy Father Theodore, abbot and confessor, receive this our hymn of praise. Pray to Christ our God that He may keep His Church free and faithful, guide all monastics in the way of salvation, and grant us to stand firm in the truth, singing with you forever: Alleluia!

This kontakion is said three times.

Ikos 1 (repeated). You were born in Constantinople in 759 to a noble and pious family. Your mother Theoktista raised you in the fear of God, and your uncle Plato, a monk of great holiness, became your spiritual father. Seeing a holy family give a saint to the Church, we sing:

Rejoice, child of the imperial city;
Rejoice, son of a pious family;
Rejoice, for your mother taught you the fear of God;
Rejoice, for your uncle Plato guided your soul;
Rejoice, for you learned the Scriptures from your youth;
Rejoice, for you were trained in every wisdom;
Rejoice, for God prepared you for great struggles;
Rejoice, flower of Constantinople;

Rejoice, holy Father Theodore, confessor of the holy icons!

Kontakion 1 (repeated). Chosen by God to be a pillar of the monastic life and a fearless confessor of the truth, O holy Theodore, you defended the holy icons and the law of Christ against emperors. Accept our song of praise, and pray to the Lord for us, that we may stand firm in the faith and cry to you:

Rejoice, holy Father Theodore, confessor of the holy icons!

Prayer

O holy Father Theodore, you who defended the holy icons and the law of Christ against emperors, and who gathered a great brotherhood in the way of obedience and prayer, we come to you with faith and ask your prayers.

Pray to Christ our God for all monks and nuns, that He may keep them faithful to their vows; for all who teach in the Church, that He may give them wisdom and courage; and for the Church herself, that she may remain free from the domination of worldly powers. Pray for marriages, that the Lord may keep them holy and faithful. Help us, by your example, to venerate the holy icons rightly, to obey with humility, and to defend the truth with love.

Through your prayers, may the Lord grant us to walk blameless in His way, so that with you we may glorify the Father, the Son and the Holy Spirit, now and ever, and unto ages of ages. Amen.