

Paschal troparion

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"Christ anesti" redirects here. For the greeting, see [Paschal greeting](#).

The **Paschal troparion** or **Christos anesti** (Greek: Χριστὸς ἀνέστη) is the characteristic [hymn](#) for the celebration of [Pascha](#) (Easter) in the [Eastern Orthodox Church](#) and those [Eastern Catholic Churches](#) which follow the [Byzantine Rite](#).

Like most [troparia](#) it is a brief stanza often used as a refrain between the verses of a [Psalm](#), but is also used on its own. Its authorship is unknown. It is nominally sung in [Tone](#) Five, but often is sung in special melodies not connected with the [Octoechos](#). It is often chanted thrice (three times in succession).

[\[edit\]](#) Usage

The troparion is first sung during the [Paschal Vigil](#) at the end of the [procession](#) around the church which takes place at the beginning of [Matins](#). When all are gathered before the church's closed front door, the clergy and faithful take turns chanting the troparion, and then it is used as a [refrain](#) to a selection of verses from Psalms 67 and 117 (this is the [Septuagint](#) numbering; the [KJV](#) numbering is 68 and 118):

Let God arise, let His enemies be scattered; let those who hate Him flee from before His face
(Ps. 67:1)

As smoke vanishes, so let them vanish; as wax melts before the fire (Ps. 67:2a)

So the sinners will perish before the face of God; but let the righteous be glad (Ps. 67:2b)

This is the day which the Lord hath made, let us rejoice and be glad in it. (Ps. 117:24)

In the remainder of the [Vigil](#) it is sung after each [ode](#) of the [canon](#), at the end of the Paschal stichera at the [Aposticha](#), thrice at the [dismissal](#) of Matins, and at the beginning and end of the [Paschal Hours](#). It is chanted again with the same selection of Psalm verses at the beginning of the [Divine Liturgy](#), at the [Little Entrance](#), during and following [Communion](#), and at the dismissal of the Liturgy. It is then chanted again with the refrains at the beginning of [Vespers](#), and at the dismissal of Vespers. This same pattern persists throughout [Bright Week](#).

After [Thomas Sunday](#) (the Sunday after Pascha), it is either sung or read thrice at the beginning of most services and private prayers in place of the usual invocation of the [Holy Spirit](#), "O Heavenly King", and at the dismissals, during the 39-day paschal [afterfeast](#); that is, up to and including the day before the [Ascension of the Lord](#).

[[edit](#)] Text and translations

The troparion was originally composed in [Koine Greek](#), but it is usually sung either in the local [liturgical language](#), or in the [vernacular](#) where it is not the same. In recent years, the custom has developed of chanting the Paschal troparion in a number of different languages. A typical translation in [English](#) runs:

Christ is risen from the dead,
Trampling down death by death,
And upon those in the tombs
Bestowing life!

This translates the [Greek](#):

Χριστὸς ἀνέστη ἐκ νεκρῶν,
θανάτῳ θάνατον πατήσας,
καὶ τοῖς ἐν τοῖς μνήμασι,
ζωὴν χαρισάμενος!

Transliteration:

Khristos anesti ek nekron,
Thanato thanaton patisas,
Kai tis en tis mnimasi
Zo-in kharisamenos!

During the Paschal Vigil and the [Vespers](#) the following afternoon is not uncommon for the troparion to be performed in as many languages as the choir can manage.

[Church Slavonic](#)

Earlier version (currently only used by the [Old Believers](#))

Хрістось воскресє изъ мертвыхъ,
Смертію на смерть настоупи,
И грѣбнымъ животь дарова!

Transliteration:

Khristos voskrese iz mertvykh
Smertiyu na smert nastupi
I grobnym zhihot darova!

Later version from the reforms of [Patriarch Nikon](#), currently in general use

Хрістось воскресє изъ мертвыхъ,
Смертію смерть поправъ,
И соущымъ во грѣбѣхъ
животь даровавъ!

This language is not well-supported on many systems, so it may not appear as intended here.

Transliteration:

Khristos voskrese iz mertvykh,
Smertiyu smert poprav,
E sushchim vo grobekh
Zhihot darovav!

[Arabic](#)

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Transliteration:

Al-Masīh qām min baīni'l-amwāt
Wa wati' al-mawt bi'l-mawt
Wa wahab al-hayāt
Lil-ladhīna fī'l-qubūr!

Romanian

Hristos a înviat din morți,
Cu moartea pre moarte călcând,
Și celor din morminte
Viață dăruindu-le!

Latin

Christus resurrexit a mortuis,
Morte mortem calcavit,
Et entibus in sepulchris
Vitam donavit.

Polish

Chrystus powstał z martwych,
śmiercią podeptał śmierć
i będącym w grobach
życie dał!

Transliteration:

Khristoos povstao z martvykh,
Smercioo podeptao smierts,
E bendontsim v grobah
Zhitse dao!

Ukrainian

Христос воскрес із мертвих,
смертю смерть подолав,
і тим, що в гробах,
життя дарував!

Transliteration:

Khrystos voskres iz mertvykh,
Smertiyu smert podolaoo,
I tym shcho v hrobakh
Zhyttja daroovaoo!

Serbian

Христос васкрсе из мртвих,
смрћу смрт уништи.
и онима који су у гробовима.
живот дарова!

Transliteration:

Hrystos vaskrse iz mrtvihh,
Smertyu smrt unishti,
I onoma koyi su u grobovima,
Zhivot darova!

Japanese

ハリストス死より復活し、
死を以て死を滅ぼし、
墓に在る者に

生命を賜へり。

Transliteration:

Harisutosu shiyori hukkatsushi,
shio motte shio horoboshi,
hakani aru mononi
inochio tamaeri.

[edit] External links

- [Paschal troparion in Greek sung by monks from Valaam Monastery](#)
- [Paschal troparion in Church Slavonic sung by monks of Kievsko-Pecherska Lavra in Ukraine](#)
- [Paschal troparion in Polish sung by the choir of the orthodox chapel in Warsaw \(Poland\)](#)
- [Paschal troparion in Greek sung by nuns from St. Mary and Martha's Monastery at Święta Góra Grabarka in Poland](#)

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