

A Prayer to the Holy Spirit

Heavenly King, Comforter, the Spirit of Truth, you who are present in all places and filling all things, the treasury of blessings and Giver of life: come and abide in us. Cleanse us from all impurity, and save our souls, O Gracious Lord.

Trisagion Prayer

Holy God, Holy Mighty, Holy Immortal, have mercy on us. *(3 times)*
Glory to the Father... now and always... Amen.

All-holy Trinity have mercy on us. Lord, pardon our sins. Master forgive us our transgressions. Holy One visit and heal our infirmities for Your name's sake. Lord have mercy, Lord have mercy, Lord have mercy.

Glory to the Father... now and always... Amen.

Our Father, who art in heaven, hallowed be Thy name. Thy Kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

A Lenten Prayer

Almighty Lord, You have created all things in wisdom. In Your inexpressible providence and great goodness You have brought us to these saving days, for the cleansing of our souls and bodies, for control of our passions, in the hope of the Resurrection.

After the forty days You delivered into the hands of Your servant Moses the tablets of the law in characters divinely traced. Enable us also, O benevolent One, to fight the good fight, to complete the course of the fast, to keep the faith inviolate, to crush underfoot the heads of unseen tempters, to emerge victors over sin and to come, without reproach, to the worship of Your Holy Resurrection.

For blessed and glorified is Your most honorable and majestic name, of the Father, the Son and the Holy Spirit, now and forevermore. Amen.

The Prayer of Saint Ephraim the Syrian

During Great Lent, we customarily we make a prostration at the sign ❖

Lord and Master of my life, take from me the spirit of laziness, meddling, the desire for power, and idle talk. ❖ Give me instead, a pure and humble spirit, the will to be patient with other people and to love them. ❖ Yes, O Lord and King, let me realize my own mistakes and keep me from judging others. For You are blessed now and forevermore. Amen.

The Lenten journey 2013



St John Chrysostom on Fasting

The Christian teaching about fasting is well summed up by St. John Chrysostom.

When the fast makes its appearance, like a kind of spiritual summer, let us as soldiers burnish our weapons, and as harvesters sharpen our sickles, and as sailors order our thoughts against the waves of extravagant desires, and as travelers set out on the journey towards heaven, and as wrestlers strip for the contest. For the believer is at once a harvester and a sailor and a soldier, a wrestler and a traveler...

Sharpen your sword and your sickle, which have been blunted by gluttony-sharpen if by fasting. Lay hold of the pathway, which leads towards heaven, rugged and narrow as it is. Lay hold of it, and journey on.

I speak not of such a fast as most persons keep, but of real fasting; not merely abstinence from meats, but from sins as well. For the nature of a fast is such that it does not suffice to deliver those who practice it un-

less it is done according to a suitable law. So that when we have gone through the labor of fasting we do not lose the crown of fasting, we must understand how and in what manner it is necessary to conduct the business since the Pharisee also fasted, but afterward went away empty and destitute of the fruit of fasting. The Publican did not fast, and yet he was accepted in preference to him who had fasted in order that you may learn that fasting is unprofitable unless all other duties accompany it.

Fasting is a medicine. But like all medicines, though it be very profitable to the person who knows how to use it, it frequently becomes useless (and even harmful) in the hands of him who is unskillful in its use.

I have said these things not that we may disparage fasting, but that we may honor fasting. For the honor of fasting consists not in abstinence from food, but in withdrawing from sinful practices, since he who limits his fasting only to abstinence from meats is one who especially disparages fasting.

Do you fast? Give me proof of it by your works. By what kind of works? If you see a poor man, take pity on him. If you see an enemy, be reconciled with him. If you see a friend gaining honor, do not be jealous of him. If you see a beautiful woman, pass her by. And let not only the mouth fast, but also the eye and the ear and the feet and the hands and all members of your bodies.

Let the hands fast by being pure from plundering and avarice. Let the feet fast by ceasing from running to unlawful spectacles. Let the eyes fast, being taught never to fix themselves rudely on handsome faces, or to busy themselves with strange beauties. For looking is the food of the eyes, but if it be such as is unlawful or forbidden, it mars the fast and upsets the whole safety of the soul. But if it be lawful and safe, it adorns fasting. For it would be among things most absurd to abstain from lawful food because of the fast, but with the eyes to touch even what is forbidden! Do you not eat meat? Feed not upon lasciviousness by means of your eyes! Let the ear fast also. The fasting of the ear consists in refusing to receive evil conversation and slander. It is written, "You shall not receive a false report" (Exodus 23:1).

Let the mouth also fast from disgraceful speeches and railings. For what does it profit if we abstain from fish and fowl and yet bite and devour the brothers and sisters. The evil speaker eats the flesh of his brother and bites the body of his neighbor. Because of this Paul utters the fearful saying, "If you bite and devour one another take heed that you are not consumed by one another" (Gal. 5:15). You have not fixed your teeth in his flesh, but you have fixed your slander in his soul and inflicted the wound of evil suspicion, and you have harmed in a thou-

sand ways yourself and him and many others, for in slandering your neighbor you have made him who listens to the slander worse, for should he be a wicked person, he becomes more careless when he finds a partner in his wickedness. And should he be a just person, he is tempted to arrogance and gets puffed up, being led on by the sin of others to imagining great things concerning himself. Besides this, you have struck at the common welfare of the Church herself, for all those who hear you will not only accuse the supposed sinner, but the entire Christian community. . . .

And so I desire to fix three precepts in your mind so that you may accomplish them during the fast: to speak ill of no one, to hold no one for an enemy, and to expel from your mouth altogether the evil habit of swearing.

For if, as the harvester in the fields comes to the end of his labors little by little, so we too if we make this rule for ourselves and in any manner come to the correct practice of these three precepts during the present Lent and commit them to the safe custody of good habit, we shall proceed with greater ease to the rest, and by this means attain to the summit of spiritual wisdom. And we shall reap the harvest of a favorable hope in this life, and in the life to come we shall stand before Christ with great confidence and enjoy those unspeakable blessings of which, God grant, we may all be found worthy through the grace of Jesus Christ our Lord, with whom be glory to the Father and to the Holy Spirit unto ages of ages. Amen. ¹

Come, O faithful!

Let us accomplish the works of God in light.

Let us walk honestly as in the day.

Let us rid ourselves of unjust accusations against our neighbors,
That we may place no stumbling block in their way.

Let us lay aside all pleasures of the flesh,
That we may increase gifts to our souls.

Let us give bread to the needy.

Let us draw near to Christ in repentance and say:

"O our God, have mercy on us!" ²

Fr. Thomas Hopko, in The Lenten Spring

¹ "Concerning the Statues, Homily 3," St. John Chrysostom

² Vespers, 1st Friday of Great Lent