



IT IS NECESSARY THAT, WHILE FASTING,
WE CHANGE OUR WHOLE LIFE AND PRACTICE VIRTUE."
- ST. JOHN CHRYSOSTOM (CF. HOM. ON STATUES III, 19)

GREAT LENT

" Accept the fast as an experienced educator by
whom the Church teaches us piety." - St. Basil the
Great (cf. Hom. on Fast II , 3)

The Great Fast is not simply about abstaining or fasting
from certain foods; as St. John Chrysostom tells us, "The
fast has no advantage for us unless it brings about our
spiritual renewal" (cf. Hom. on Gen. XI, 3).

In addition to the prescribed corporeal fast, we may also:
- sacrifice some of the pleasures from our daily lives (like
caffeine or TV)

Go to as many liturgical services as possible & commune
with Christ; these services are rich with hymns, penitential
prayers and prostrations

- Receive the Eucharist as often as it is available
- Practice virtue (try to be more patient, generous,
grateful, and slower to anger)
- Do good works for others (in secret when possible!)

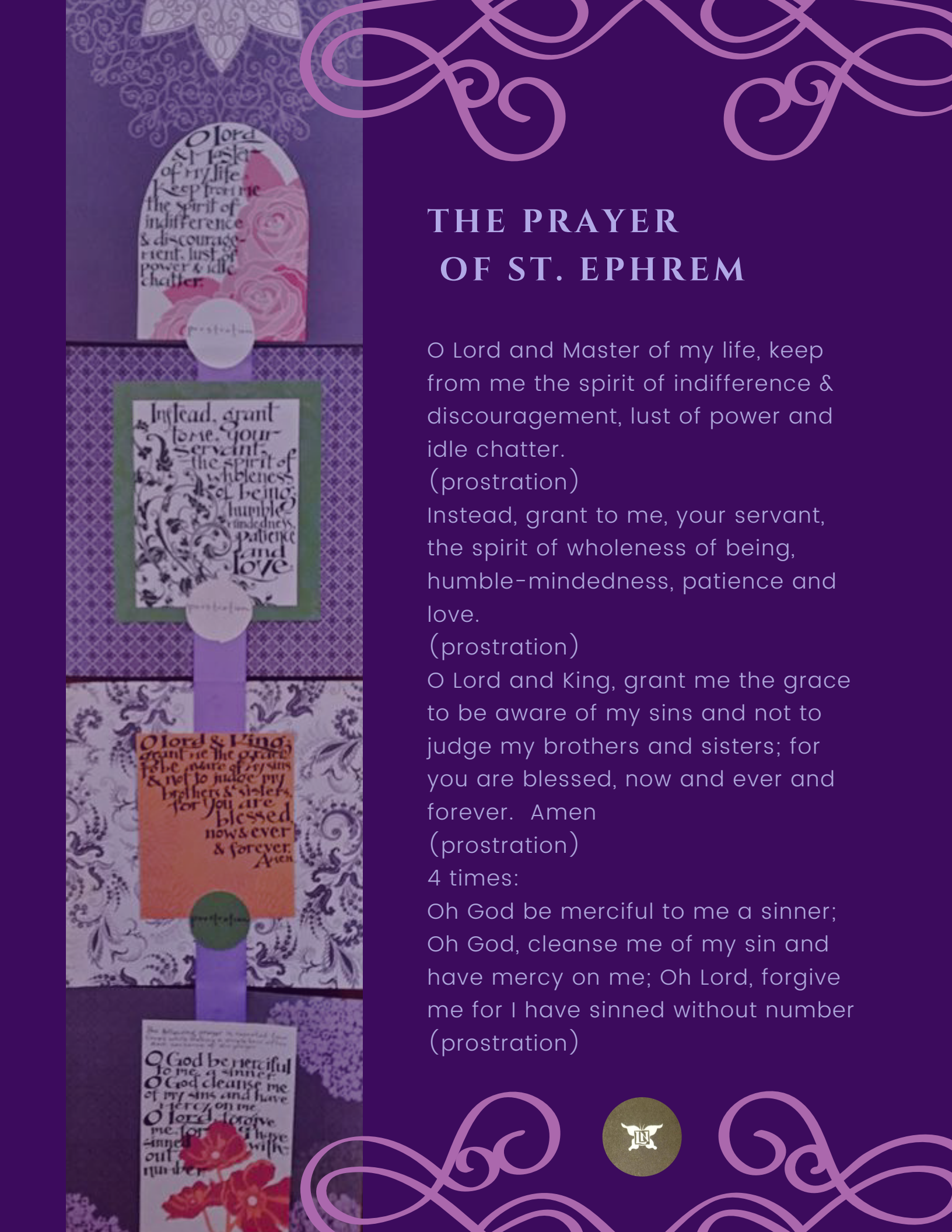
Every time an act of kindness
is done to another, we pull a
"thorn" out of the crown, with
the goal of emptying it of all
thorns by Easter.



WHY DO WE FAST?

- When practiced with prayer, repentance, and almsgiving, fasting - tempering the bodily desire for food - can help temper other passions as well
- the soul can orient more away from worldly needs and more towards spiritual needs
- one is better enabled to draw closer to Christ and become more Christ-like.
- fasting is practiced with the body, but emphasis is placed on the spiritual facet of the fast rather than mere physical deprivation. There is a synthesis between the body and the soul, so what happens to one can be used to have an effect on the other.





O Lord
& Master
of my life,
Keep from me
the spirit of
indifference
& discouragement,
lust of
power & idle
chatter.

(prostration)

Instead, grant
to me, your
servant,
the spirit of
wholeness
& of being
humble
& humble-mindedness,
patience
and
love.

(prostration)

O Lord & King,
grant me the grace
to be aware of my sins
& not to judge my
brothers & sisters;
for you are
blessed
now & ever
& forever.
Amen

(prostration)

The following prayer is repeated four
times while kneeling in a simple form of prayer.
After each prayer, sit for a moment.

O God be merciful
to me, a sinner
O God cleanse me
of my sins and have
mercy on me
O Lord, forgive
me, for I have
sinned with-
out number

(prostration)

THE PRAYER OF ST. EPHREM

O Lord and Master of my life, keep from me the spirit of indifference & discouragement, lust of power and idle chatter.

(prostration)

Instead, grant to me, your servant, the spirit of wholeness of being, humble-mindedness, patience and love.

(prostration)

O Lord and King, grant me the grace to be aware of my sins and not to judge my brothers and sisters; for you are blessed, now and ever and forever. Amen

(prostration)

4 times:

Oh God be merciful to me a sinner;

Oh God, cleanse me of my sin and

have mercy on me; Oh Lord, forgive

me for I have sinned without number

(prostration)





Lord Jesus Christ, Son of God, Have mercy on me, a sinner