

CATECHETICAL CLASSES



THE BASICS OF THE ORTHODOX FAITH

CHRIST THE SAVIOR ORTHODOX CATHEDRAL

About the True Fast from the Services

Forgiveness Sunday Vespers

on Lord I call upon You, hear me:

Let us humble the flesh by abstinence, as we follow the divine path of pure fasting! With prayers and tears let us seek the Lord, Who saves us! Let us put an end to anger, crying out: "Save us for we have sinned against You! Save us, O Christ our King, as You saved the men of Nineveh, and make us partakers of Your heavenly Kingdom, O compassionate One!"

Let us begin the fast with joy! Let us prepare ourselves for spiritual efforts! Let us cleanse our soul and cleanse our flesh! Let us abstain from every passion as we abstain from food! Let us rejoice in virtues of the Spirit and fulfill them in love, that we all may see the Passion of Christ our God, and rejoice in spirit at the holy Pascha!

Monday of the First Week of Great Lent (Matins)

Sessional Hymn by Theodore, in Tone 2:

Let us begin the most holy season of fasting with joy; let us shine with the bright radiance of the holy commandments of Christ our God. With the brightness of love and the splendor of prayer, the strength of good courage, and the purity of holiness! So, clothed in garments of light, let us hasten to the holy resurrection on the third day, that shineth on the world with the glory of eternal life!

Tuesday of the First Week of Great Lent (Vespers)

On the Aposticha, these Stichera in Tone 3:

Let us present a good fast, well-pleasing unto the Lord! A true fast is alienation from the evil one; the bridling of one's tongue, the laying aside of all anger, the removal of all sensuality, of accusation, falsehood, and the sin of swearing. The weakening of these will make the fast true and well-pleasing.