



**ST. MARY COPTIC
ORTHODOX CHURCH**
OTTAWA

Holy Lent Spiritual Journey

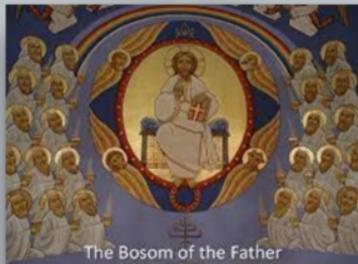
The third week of the Holy Great Fast

Theme of the week

PURITY OF PROCESSION: REPENTANCE



“We should make merry and be glad, For your brother was dead and is **alive** again, and was lost and is **found**.”



The Bosom of the Father

Day 15

Holy Lent Spiritual Journey

3rd Monday of the Holy lent

THEME OF THE DAY: CONFESSION OF REPENTANCE

The daily spiritual plan:

Bible reading plan: Sirach Chapter 15/ Philippians chapter 1

Jesus Prayer: 20 times morning -20 times night

Metanoias: 9 times a day

Fasting: 12:00 am

Spiritual book to read: Guidelines for Prayer - Fr. Matta El-Meskeen - Chapter 1

Liturgy readings:

Prophecies:

- Proverbs 1:20-33 "Whoever listens to me will dwell safely, And will be secure, without fear of evil."
- Isaiah 8:13-9:7 "Unto us a Son is given; and His name will be called Wonderful, Counselor, Mighty God, Everlasting Father and Prince of Peace"

Matins:

- Psalms 31:1,2 "Blessed is he whose transgression is forgiven, Whose sin is covered. "
- Luke 19:11-28 "His lord said to him, 'Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things'".

Mass:

- Pauline: 1Corinthians 5:9-6:5 "Not to keep company with sexually immoral people"
- Catholic:1Peter 1:3-12 "Though you do not see Him, yet believing, you rejoice with joy inexpressible receiving the end of your faith the salvation of your souls."
- Acts 17:10-14 "They received the word with all readiness, and searched the Scriptures daily."
- Psalms 31:5 I acknowledged my sin to You, I said, "I will confess my transgressions to the LORD, "And You forgave the iniquity of my sin.
- Luke 11:33-36 "The lamp of the body is the eye. Therefore, when your eye is good, your whole body also is full of light."

Church Fathers Quotes

❖ الوقت الذي يتحرر فيه الذهن من العالم يلبس المسيح ❖

❖ *We pray not to inform God or instruct Him but to beseech Him closely, to be made intimate with Him, by continuance in supplication; to be humbled; to be reminded of our sins.*

St. John Chrysostom

Morning Prayer	Night Prayer	Jesus Prayer	Daily Bible Plan	Metanoias	Liturgy Readings	Spiritual Book

Verse of the day:

Personal Meditation notes:

Day 16

Holy Lent Spiritual Journey

3rd Tuesday of the Holy lent

THEME OF THE DAY: RIGHTEOUSNESS OF REPENTANCE

The daily spiritual plan:

Bible reading plan: Sirach Chapter 16/ Philippians chapter 2

Jesus Prayer: 20 times morning -20 times night

Metanoias: 9 times a day

Fasting: 12:00 am

Spiritual book to read: Guidelines for Prayer - Fr. Matta El-Meskeen - Chapter 2

Liturgy readings:

Prophecies:

- Proverbs 2:1-15 "For the LORD gives wisdom; From His mouth come knowledge and understanding; He stores up sound wisdom for the upright."
- Isaiah 10:12-21 "They will depend on the LORD, the Holy One of Israel, in truth."
- Joshua 7:1-26 "Give glory to the LORD God of Israel, and make confession to Him."

Matins:

- Psalms 31:10 "Many sorrows shall be to the wicked; But he who trusts in the LORD, mercy shall surround him."
- Luke 12:54-59 "When you go with your adversary to the magistrate, make every effort along the way to settle with him."

Mass:

- Pauline: Romans 4:1-8 "Blessed are those whose lawless deeds are forgiven, whose sins are covered; Blessed the man to whom the LORD shall not impute sin."
- Catholicon: 1John 2:1-11 "And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous. And He Himself is the propitiation for our sins."
- Acts 27:9-12 St. Paul in his capture traveling to Rome by sea.
- Psalms 31:2,3 "Blessed is the man to whom the LORD does not impute iniquity, and in whose spirit there is no deceit."
- John 8:31-39 "Most assuredly, I say to you, whoever commits sin is a slave of sin."

Church Fathers Quotes

❖ طوبى لمن كنزه داخله ومن خارج لا يتغذى
طوبى لمن شمسه تشرق داخله ولا يدع الاخرين يبصرونها

❖ *Let us always guard our tongue; not that it should always be silent, but that it should speak at the proper time*

St. John Chrysostom

Morning Prayer	Night Prayer	Jesus Prayer	Daily Bible Plan	Metanoias	Liturgy Readings	Spiritual Book

Verse of the day:

Personal Meditation notes:

Day 17

Holy Lent Spiritual Journey

3rd Wednesday of the Holy lent

THEME OF THE DAY: THE HAND OF GOD TO OVERCOME TEMPTATION

The daily spiritual plan:

Bible reading plan: Sirach Chapter 17/ Philippians chapter 3

Jesus Prayer: 20 times morning -20 times night

Metanoias: 9 times a day

Fasting: 12:00 am

Spiritual book to read: Guidelines for Prayer - Fr. Matta El-Meskeen - Chapter 3

Liturgy readings:

Prophecies:

- Exodus 4:19-6:13 "Now you shall see what I will do to Pharaoh. For with a strong hand he will let them go, And he will drive them out of his land."
- Joel 2:21-26 "So I will restore to you the years that the swarming locust has eaten, - And praise the name of the LORD your God"

Matins:

- Psalms 26:4 "One thing I have desired of the LORD, That will I seek: That I may dwell in the house of the LORD All the days of my life."
- Luke 13:18-22 "What is the kingdom of God like? It is like a mustard seed, which a man took and put in his garden; and it grew and became a large tree."

Mass:

- Pauline: 2Thessalonians 2:9-17 Now may our Lord Jesus Christ Himself, - who has loved us, comfort your hearts and establish you in every good word.
- Catholicicon: 2Peter 2:9-15 "The Lord knows how to deliver the godly out of temptations and to reserve the unjust under punishment for the day of judgment."
- Acts 28:7-11 St. Paul heals a citizen of Malta island, from fever and dysentery.
- Psalms 26:7,8 Hear, O LORD, when I cry with my voice! Have mercy also upon me, and answer me.
- Luke 4:1-13 "Get behind Me, Satan! For it is written, You shall worship the LORD your God and Him only you shall serve."

Church Fathers Quotes

❖ من يقتفي آثارك لن يضل قط! من يصل إليك لا يلحقه بأس! من يمتلكك تشبع كل رغباته!

القديس أغسطينوس

❖ *O most grateful burden, which comforts them that carry it! The burdens of earthly masters gradually wear out the strength of those who carry them; but the burden of Christ assists the bearers of it, because we carry not grace, but grace us.*

John Chrysostom

Morning Prayer	Night Prayer	Jesus Prayer	Daily Bible Plan	Metanoias	Liturgy Readings	Spiritual Book

Verse of the day:

Personal Meditation notes:

Day 18

Holy Lent Spiritual Journey

3rd Thursday of the Holy lent

THEME OF THE DAY: JUDGMENT OF SIN

The daily spiritual plan:

Bible reading plan: Sirach Chapter 18/ Philippians chapter 4

Jesus Prayer: 20 times morning -20 times night

Metanoias: 9 times a day

Fasting: 12:00 am

Spiritual book to read: Guidelines for Prayer - Fr. Matta El-Meskeen - Chapter 4

Liturgy readings:

Prophecies:

- Genesis 18:17-19:29 "Then the LORD rained brimstone and fire on Sodom and Gomorrah, from the LORD out of the heavens. So He overthrew those cities, all the plain, all the inhabitants of the cities."
- Proverbs 2:16-3:4 "For the upright will dwell in the land, and the blameless will remain in it; But the wicked and the unfaithful will be uprooted from it.
- Isaiah 11:10-12:2 "Behold, God is my salvation, I will trust and not be afraid; `For Yah, the Lord, is my strength and song; He also has become my salvation

Matins:

- Psalms 9:11,12 "When He avenges blood, He remembers them; He does not forget the cry of the humble."
- Luke 20:20-26 "Render therefore to Caesar the things that are Caesars, to God the things that are Gods."

Mass:

- Pauline: Romans 4:6-11 "Blessed are those whose lawless deeds are forgiven, whose sins are covered; Blessed the man to whom the LORD shall not impute sin."
- Catholic James 4:1-10 "God resists the proud, But gives grace to the humble." "Therefore submit to God. Resist the devil and he will flee from you."
- Acts 28:1-6 God saves St. Paul from the snares of a snake in Malta island.
- Psalms 9:7,8 "He has prepared His throne for judgment. He shall judge the world in righteousness; He shall administer judgment for the peoples."
- Mat. 19:16-etc "I did not come to judge the world but to save the world..... The word that I have spoken will judge him in the last day.

Church Fathers Quotes

❖ ايها الحب الإلهي احتضني! امتلكني بكليتي فالتصق بك تمامًا!.. ليتني أحبك يا إلهي لأنك أحببتني أولاً!
القديس أغسطينوس

❖ *“This is the great work of man: always to take the blame for his own sins before God and to expect temptation to his last breath.”*

St. Anthony the Great

Morning Prayer	Night Prayer	Jesus Prayer	Daily Bible Plan	Metanoias	Liturgy Readings	Spiritual Book

Verse of the day:

Personal Meditation notes:

Day 19

Holy Lent Spiritual Journey

3rd Friday of the Holy lent

THEME OF THE DAY: FAITHFULNESS OF REPENTANCE

The daily spiritual plan:

Bible reading plan: Sirach Chapter 19/ Colossians chapter 1

Jesus Prayer: 20 times morning -20 times night

Metanoias: 9 times a day

Fasting: 12:00 am

Spiritual book to read: Guidelines for Prayer - Fr. Matta El-Meskeen - Chapter 5

Liturgy readings:

Prophecies:

- Deuteronomy 9:7-10:11 "Thus I prostrated before the LORD; forty days and forty nights and said: O Lord GOD, do not destroy Your people and Your inheritance"
- 1Samuel 23:26-24:22 David cut off the corner of King Saul' robe and yet did not kill him

Matins:

- Psalms 15:10,11 "For You will not leave my soul in Hades, Nor will You allow Your Holy One to see corruption. You will show me the path of life."
- Luke 20:27-38 "The Lord God of Abraham, God of Isaac, and God of Jacob. For He is not the God of the dead but of the living, for all live to Him."

Mass:

- Pauline: Hebrews 11:1-8 "Now faith is the substance of things hoped for, the evidence of things not seen."
- Catholic Jude 1:17-25 "But you, beloved, building yourselves up on your most holy faith, Praying in the Holy Spirit, keep yourselves in the love of God."
- Acts 23:6-11 "The Lord stood by him saying, "Be of good cheer, Paul; as you testified for Me in Jerusalem, so you must also bear witness at Rome."
- Psalms 15:1,2 "Preserve me, O God, for in You I put my trust."
- Luke 11:14-26 "Every kingdom divided against it-self is brought to desolation, and a house divided against a house falls."

Church Fathers Quotes

❖ احفظ نفسك من الفكر الذي يجلب لك تزكية ذاتك والازدراء بأخيك؛ لأنه مبعوض جداً عند الله الذي يكرّم نفسه، ويرذل أخاه القديس الأنبا باخوميوس

❖ *“This is the great work of man: always to take the blame for his own sins before God and to expect temptation to his last breath.”*

St. Anthony the Great

Morning Prayer	Night Prayer	Jesus Prayer	Daily Bible Plan	Metanoias	Liturgy Readings	Spiritual Book

Verse of the day:

Personal Meditation notes:

Day 20

Holy Lent Spiritual Journey

3rd Saturday of the Holy lent

THEME OF THE DAY: FRUITS OF REPENTANCE

The daily spiritual plan:

Bible reading plan: Sirach Chapter 20/ Colossians chapter 2

Jesus Prayer: 20 times morning -20 times night

Liturgy readings:

Matins:

- Psalm 129:1-2 Out of the depths have I cried to you, O LORD- Lord, hear my voice: Let your ears be attentive to the voice of my supplications.
- Mark 10:17-27 “How hard is it for them that trust in riches to enter into the kingdom of God.”

Mass:

- Pauline: 2Corinth 7:2-11 “For godly sorrow works repentance to salvation not to be repented of: But the sorrow of the world works death.”
- Catholic: James 2:14-26 “Likewise also was not Rahab the harlot justified by works, when she had received the messengers, and had sent them out another way?”
- Acts 23:12-35 St. Paul is under arrest in Jerusalem and was sent to Antipatris.
- Psalms 26:10-11 “I will sing praises to the LORD. Hear, O LORD, when I cry with my voice: have mercy also on me, and answer me.”
- Mathew 18:23-35 “I forgave you all that debt, because you desired me: Should not you also have had compassion on your fellow servant.

Church Fathers Quotes

❖ كما أن الماء إذا تسلَّط على النار يطفئها ويغسل كل ما أكلته؛ كذلك أيضاً التوبة التي وهبها لنا الرب يسوع تغسل جميع الخطايا والأوجاع والشهوات التي للنفس والجسد معاً

«القديس الأنبا مقار الكبير»

❖ *What is slander? It is every sort of wicked word we would dare not speak in front of the person whom we are complaining about.*”

St. Anthony the Great

Morning Prayer	Night Prayer	Jesus Prayer	Daily Bible Plan	Liturgy Readings

Verse of the day:

Personal Meditation notes:

Day 21

Holy Lent Spiritual Journey

3rd Sunday of the Holy lent

THEME OF THE DAY: ACCEPTANCE OF REPENTANCE

The daily spiritual plan:

Bible reading plan: Sirach Chapter 21/ Colossians chapter 3

Jesus Prayer: 20 times morning -20 times night

Liturgy readings:

Matins:

- Psalms 54:1,2,16 Give ear to my prayer, O God, And do not hide Yourself from my supplication. Attend to me, and hear me;
- Matthew 20:1-16 So the last will be first, and the first last. For many are called, but few chosen.

Mass:

- Pauline: 2Corinthians 6:2-13 "Behold, now is the accepted time; behold, now is the day of salvation."
- Catholic: James 3:1-12 "For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body."
- Acts 24:1-23 St. Paul in front of Felix the governor having his accusation With Ananias the high priest and the Jews elders.
- Psalms 78:8,9 "Do not remember former iniquities against us! Let Your tender mercies come speedily to meet us, For we have been brought very low."
- Luke 15:11-32 "We should make merry and be glad, for your brother was dead and is alive again, and was lost and is found."

Church Fathers Quotes

❖ التوبة للنفس كمخاض المرأة . ولكن نصيبتها رؤية المسيح كما ترى المرأة طفلها مولوداً.

القديس أغسطينوس

❖ *“The one who overcomes hardships and does not use them as an excuse, proves the truth of his inner intentions.”*

HH Pope Shenouda

Morning Prayer	Night Prayer	Jesus Prayer	Daily Bible Plan	Liturgy Readings

Verse of the day:

Personal Meditation notes:

O only-begotten Son, God, the Logos who loved us, and through His love, He desired to redeem us from eternal perdition

أيها الإبن الوحيد الإله الكلمة الذي أحبنا وبجبه أراد أن يخلصنا من الهلاك الأبدي.

And since death was in the way of our redemption, He desired to go through it out of His love for us. And thus, He ascended upon the Cross that He may bear the punishment of our sins

ولما كان الموت في طريق خلاصنا، إشتهى أن يجوز فيه حُباً بنا وهكذا إرتفع على الصليب ليحمل عقاب خطايانا.

We are the ones who sinned, and He is the One who suffered

نحن الذين أخطأنا وهو الذي تألم.

We are the ones who were indebted to divine justice because of our sins, and He was the One who paid off the debts on our behalf

نحن الذين صرنا مديونين للعدل الإلهي بذنوبنا وهو الذي دفع الديون عنا.

For our sake, He preferred suffering over joy, toil over rest, contempt over glory, and the Cross over the throne which is carried by the cherubim

لأجلنا فضّل التألم على التنعم والشفاء على الراحة والهوان على المجد والصليب على العرشالذي يحمله الكاروبيم.