

# Holy Lent Spiritual Journey

Fifth week of the Holy Great Fast

Theme of the week  
**THE FRUITS OF THE STRUGGLE**

Target of Procession is: FAITH



“See, you have been made well. Sin **no more**,  
Lest a worse thing come upon you”

John 5:14



**ST. MARY** COPTIC  
ORTHODOX CHURCH  
OTTAWA

# READINGS

Day	Prophecies	Matins	Mass	Know Your Bible Map
Monday	Prov 3:5-18; Is 37:33-38:6; Job 22:1-30	Psalm 88:2-4 Luke 12:16-21	Phil 2:1-16 1 Pet 3:10-18 Acts 10:25-35 Psalm 86:3-4 Luke 9:12-17	1 Samuel 21-23
Tuesday	Num 10:35-11:34; Prov 3:19-4:9; Is 40:1-8; Job 25:1-6; Job 26:1-14	Psalm 86:5-6 Mark 9:14-24	Phil 2:22-26 1 John 3:2-11 Acts 24:10-23 Psalm 86:17 John 8:12-20	1 Samuel 24-25
Wednesday	Ex 8:20-9:35; Is 41:4-14; Joel 3:9-21; Job 28:12-28; Prov 4:10-19; 1 Sam 1:1-2:21	Psalm 55:1-2 Mark 10:1-12	Rom 4:14-5:5 1 Pet 4:12-19 Acts 11:12-18 Psalm 86:13-14 Luke 13:6-9	1 Samuel 26-28
Thursday	Is 42:5-16; Prov 4:20-27; Job 29:2-20; 1 Sam 3:1-20	Psalm 86:14 Luke 9:37-43	1 Cor 10:14-11:1 1 Pet 1:2-8 Acts 21:5-14 Psalm 86:17 Luke 13:10-17	1 Samuel 29-31
Friday	Deut 11:29-12:27; 1 Kin 17:2-24; Prov 5:1-12; Is 43:1-9; Job 30:9-32.5	Psalm 86:9-10 Mark 12:28-34	Heb 12:5-16 1 Pet 4:15-5:5 Acts 15:36-16:3 Psalm 138:1-3 John 8:21-27	2 Samuel 1-2
Saturday	-	Psalm 65:2-3 Luke 15:3-10	Gal 5:16-6:2 James 5:7-11 Acts 26:1-18 Psalm 143:1-2 Matt 23:14-39	2 Samuel 3-4
Sunday	-	Psalm 102:1-2,12 Matt 21:33-46	2Thess 2:1-17 2 Pet 3:1-18 Acts 26:19-27:8 Psalm 33:5-6 John 5:1-18	2 Samuel 5-7

Fasting	Metanias	Jesus Prayer
1:00	13 times /day	30 times morning 30 times night

## MONDAY - SUBMISSION IN FAITH

Salvation is Christ overcoming for us our greatest enemy which is at the root of all our insecurity, the fear of death. God does not remain aloof in the heavens while men suffer and die. He takes on a body and by His death destroys our death so that now death becomes a doorway through which we must all pass to enter the splendor of His glorious presence,

Salvation is: Liberation from evil, The defeat of the devil, The transfiguration of man, Living authentically, Putting on Christ, The restoration of the image of God in man, Participating in the life of God, Restoration of communion with God, Incorruption, Receiving the Holy Spirit, Becoming temples of the Holy Spirit, Forgiveness of sins, Ascending to the throne of God, Participating in the Kingdom of God, Being by grace what God is by nature, The destruction of death, Seeing the light, Being in a process of growth that never ends, Living life the way God meant it to be.

This is the salvation the Lord Jesus offers us.

"Introducing the Orthodox Church: Its Faith and Life" Anthony Coniaris (pp51).

### *Church Father Quote*

♣ "The way of humility is this: self-control, prayer, and thinking yourself inferior to all creatures." Abba Tithoes

### *Practice*

Strive to be the ruler of your actions instead of the slave of your passions.

## TUESDAY - SERVICE IN FAITH

In the Book of Numbers, when the children of Israel traveled in the wilderness, the cloud accompanied them wherever they went. If they stopped, then the cloud stopped, and if they walked, it followed. Thus the Spirit of God wishes to accompany you in every step you take. The Holy Spirit wishes to bless your actions and your deeds. He wishes to sanctify your body, thoughts and feelings. He also wishes to consecrate your clothes, as He did with the Apostles, Peter and Paul, whose shadows were used to heal the sick, and their handkerchiefs and other personal articles were used to drive out devils. The Spirit of God wants to guide you to assure you of a bright future. He stands close by you to

deliver you from your past, and dwells in you, so that you may always rejoice and be happy with the present time. He accompanies you in all your steps to sanctify and fulfill you.

"The Fiery Spirit." Father Tadros Malaty (pp 19).

He has no hands but our hands, to do His work today.  
He has no feet but our feet, to lead men on His way.  
He has no voice but our voice, to tell men how He died.  
He has no help but our help, to lead men to His side.

Annie Johnson Flint

### ***Church Father Quote***

❖ Fasting is a medicine as beneficial as it is, it becomes useless because of the inexperience of the user.

### ***Practice***

Perform all your actions in a spirit of dedication to God.

## **WEDNESDAY - HOPE IN FAITH**

An American lady of the Bahai religion was once lecturing in India. According to the Bahai faith all religions are equally true. They believe, for example, that Jesus was just another great teacher like Buddha. He was not the way but one of the many ways to God. Since the Bahai lady spoke only English, an Indian was translating for her. In her lecture she said, "The sun rises in the morning, and as it ascends in the heavens it shines through the various windows in the house, one after another. Each religion represents a window through which the light shines. Jesus is one such window." The Indian translator interpreted faithfully what she said, but at the end of the sentence he added in his own language, "I beg to differ with the lady, Jesus Christ is not the window. He is the Light itself."

"Introducing the Orthodox Church: Its Faith and Life." Anthony Coniaris(pp19)

"Not only do we understand God only through Jesus Christ, but we understand ourselves only through Jesus Christ. We understand life and death only through Jesus Christ. Apart from Jesus Christ, what we know is neither our life nor our death, neither God nor ourselves." Pascal.

Scribbled on the wall of a cellar in Cologne, Germany, during the violence and despair of World War II was this profound confession of faith:

"I believe in the sun, even when it is not shining;  
I believe in love, even when I feel it not;  
I believe in God, even when He is silent."

***Church Father Quote***

❖ If we make every effort to avoid death of the body, still more should it be our endeavor to avoid death of the soul. There is no obstacle for a man who wants to be saved other than negligence and laziness of soul. Abba Anthony the great

***Practice***

Keep yourself in peace and have peace with others, no matter how they differ from you in their opinions.

## **THURSDAY - FREEDOM THROUGH FAITH**

Jesus Christ says: "It is to your advantage that I go away; for if I do not go away, the Helper will not come to you" (John 16:7). He is the only One who can enter our heart and accompany you throughout your way. How can this take place? The Spirit of God in the shape of a dove "was hovering over the face of the waters" (Gen. 1:2), in order to create from your heart (the rugged and desolate earth) a new beautiful world where the touch of God's love, His work and beauty are manifested. The Holy Spirit embraces you with His Godly love and transforms your inner corruption into God's joyous Kingdom. Where you felt loneliness in your heart, the Holy Spirit will now build God's Kingdom within you, that you may enjoy fellowship with God and the fulfilling state of being in the presence of angels. He will carry you as on His wings to find comfort in your heavenly Father's tender bosom. The Spirit of God is not merely a divine energy working in your life, but He is rather a Friend who accompanies you wherever you go, and removes the dreadful feelings of loneliness. That's what we got in touch with even in the Old Testament, where the Spirit of God appeared as a cloud that sheltered the children of Israel by day, and in a pillar of fire that gave them light by night and accompanied them permanently. Sometimes He led their way as a commander would lead an army. Other times He walked behind them to protect them from backward hits. On other occasions, He walked with them to bless them along the way. What a wonderful companion and friend!

"The Fiery Spirit." Father Tadros Malaty (pp15-16)

### ***Church Father Quote***

❖ Lord, being human, I sin: but You, being God, have mercy on me. Lord, take heed of the weakness of my soul, and help me with your grace, that Your holy name may be glorified in me. St. John Chrysostom

### ***Practice***

Soar above created things and rest in God alone.

## **FRIDAY - SENTENCE OF FAITH**

Threats and warning - "God never threatens; the devil never warns," declared Oswald Chambers. Warnings are an expression of love, threats are an expression of control. We sometimes use the words threat and warning interchangeably, but Chambers saw a principle that suggests a distinction. Threats are used to get people to do what is in our best interest. Warnings are issued to get people to do what is in their best interest. In other words, threats seek to preserve power, whereas warnings serve to protect people from danger. Satan wants us to think of God's loving warnings as mean-spirited threats, but he is wrong. According to Chambers, "A warning is a great arresting statement of God's, inspired by His love and patience." The evidence of this is found in the many commands that are coupled with phrases like "that it may go well with you" (Deut. 4:40; 12:28).

In loving relationships, people warn one another of the inevitable consequences of foolish behavior. In unhealthy relationships, people threaten one another with punishment if they fail to live up to unreasonable demands. As we interact with others, it's good to consider the nature of our counsel and commands. Do we use ultimatums to preserve our own well-being? Or do we lovingly warn others to keep them from harm?

Daily Bread – 20th February 2008.

### ***Church Father Quote***

❖ The one who overcomes hardships and does not use them as an excuse, proves the truth of his inner intentions." HH Pope Shenouda

### ***Practice***

Acknowledge your own weaknesses and turn to God for help in every trial.

## SATURDAY - GUIDANCE BY FAITH

Feed us, Your children, as sheep. Master, fill us with righteousness from Your own pasture. Instructor, give us food on Your holy mountain, the Church, which towers in the air, is above the clouds and touches heaven. "And I will be," He says, "their Shepherd," and will be as near to them as clothes to their skin. He wants to save my flesh by enveloping it in the robe of immortality, and He has anointed my body. "They shall call Me," He says, "and I will say, Here am I." You heard sooner than I expected, Master. "And if they pass over, they shall not slip," says the Lord. For we who are passing over to eternal life will not fall into corruption because He will sustain us. For so He has said and so He has willed. Our Instructor is righteously good. "I came not," He says, "to be ministered unto, but to minister." Therefore, He is introduced in the Gospel as "wearied," because He toiled for us and promised "to give His life as a ransom for many." For Christ alone is the Good Shepherd. He is generous and gives us the greatest of all gifts, His own life. He is extremely good and loving to men, while, when He might have been Lord, He wished to become a brother to humanity. He was so good that He died for us.

Clement of Alexandria

### *Church Father Quote*

✿ God has given Himself entirely to you and without reserve. If He has given you all & nothing more remains for Him to give you, as indeed He has done in His Passion and in the Holy Eucharist, reason requires that you also should give yourself without reserve to Him. St. John Chrysostom

### *Practice*

Love Jesus above all things and seek Him in all you do.

## SUNDAY - STRENGTHENING THE FAITH

Christ knows no despair or defeat. The sick man has risen, taken up his bed and walked after 38 years of sickness, 38 years of sinfulness and 38 years of wasteful living. Christ would not consider how many years we lived, when we come to know Him. He rejuvenates us into powerful eagles. We pray to Him saying, let us be among the people of the eleventh hour. Life in Christ is a daily renewed life.

This is the corner stone of our fasting pilgrimage: hope and renovating life in Christ, joy, courage, expectation, spiritual liberation and unending growth. A trip that is never stalled.

"The Pilgrimage of the Holy Days of Fasting." Father Tadros Malaty (pp12).

Repentance (Type III) - The Lord comes to the sinners who have lost hope, saying, "Do you want to be well?" If the sins chain us and we become paralyzed and can not move, the merciful Lord can heal us from our sins and iniquities, if we believe in His words and obey Him. He will tell us, "Sin no more, lest a worst thing come upon you." There are many believers who suffer from spiritual paralysis due to many sins, and they need a visit from our Lord. The Pauline epistle instructs us to have strong faith, endure hardships and hold to the teachings we received. The Catholic epistle tells us that the Lord is long-suffering, not willing that any should perish but that all should come to repentance and we ought to live in holy conduct and godliness. The Acts asks us to stand tribulations for the sake of the word of God, and to show our strong faith in Christ's salvation, proclaiming His light to all people.

Father Gawargious A. Kolta, St. John's Magazine, April 2006, Vol. 17. No. 195