

Holy Lent Spiritual Journey

Seventh week of the Holy Great Fast

Theme of the week
END OF PROCESSION
SALVATION



“Tell the daughter of Zion,
‘Behold, your King is **coming** to you,
Lowly, and **sitting on a donkey**,
A colt, the foal of a donkey.’ ”

Matthew 21:5



ST. MARY COPTIC
ORTHODOX CHURCH
OTTAWA

READINGS

Day	Prophecies	Matins	Mass	Know Your Bible Map
Monday	Prov 10:1-16; Is 48:17-49:4; Job 38:1-38	Psalm 32:10-11 Luke 16:19-31	Rom 14:10-15:2 James 2:5-13 Acts 9:22-31 Psalm 86:12-13 John 5:31-47	2 Samuel 23-24
Tuesday	Prov 10:17-32; Is 49:6-10; Job 38:37-39:30; Sirach 5:1-15	Psalm 38:18-19 Luke 17:1-10	1Cor 14:5-17 2 Pet 3:8-15 Acts 22:17-24 Psalm 51:2-3 John 12:36-43	1 King 1-2
Wednesday	Prov 10:32-11:13; Is 58:1-11; Job 40:1-41:34	Psalm 57:1 Luke 14:28-35	Rom 10:4-13 James 1:13-21 Acts 19:23-26 Psalm 51:2-3 John 6:35-45	1 King 3-4
Thursday	Prov 11:13-26; Is 65:8-16; Job 42:1-6; 2 Kin 6:8-7:20	Psalm 63:1 Matt 20:20-28	2Cor 4:5-18 1 John 3:13-24 Acts 25:23-26:6 Psalm 122:1-2 Mark 12:18-27	1 King 5-7
Friday	Gen 49:33-50:26; Prov 11:27-12:22; Is 66:10-24; Job 42:7-17	Psalm 32:10-11 Luke 16:19-31	2Tim 3:1-4:5 James 5:7-16 Acts 15:1-18 Psalm 98:8-9 Luke 13:31-35	1 King 8-9
Saturday	Gen 49:1-28; Is 40:9-31; Zeph 3:14-20; Zech 9:9-15	Psalm 88:2-4 Luke 12:16-21	1 Cor 2:1-8 1 Pet 1:25-2:6 Acts 27:38-28:10 Psalm 129:8,2 John 11:1-45	1 King 10-11
Sunday		Psalm 68:19-20 Luke 19:1-10	Heb 9:11-28 1Pet 4:1-11 Acts 28:11-31 Psalm 80:3 & Psalm 80:1 & Psalm 80:2 Mt 21:1-17 & Mk 11:1-11 & Lk 19:29-48 & Psalm 64:1,2 & Jn 12:12-19	1 King 12-13

Fasting	Metanias	Jesus Prayer
2:00	20 times /day	40 times morning 40 times night

MONDAY - SAVIOR'S WITNESSES

By the cross He was the Light of the world, attracting all to Him as He said, "And I, being lifted up from the earth, will draw all people to Myself" (John 12:32). And from the cross He descended to Hades and saved those who were sitting in the darkness and shadow of death, "Who alone has immortality, dwelling in unapproachable light" (1 Timothy 6:16). Despite this, He called us saying, "You are the light of the world"(Matthew 5:14). Christ ascended the lighthouse of the cross, and so attracted all people from darkness to His light, and here He resembles the believer who puts the light on a lamp stand to give light to all who are in the house.

"How to benefit from the Holy Liturgy", His Grace Bishop Matthaous (pp75).

Church Father Quote

❖ Though it should exhaust the body with fastings, with watchings, its attitude towards the virtues is as if it had not yet even begun to labour for them." + St. Macarius the Great

Practice

Thank God in prosperity and adversity and offer yourself entirely to God.

TUESDAY - CONFESSING THE SAVIOR

The eyes of the world are fixed on the follower of Christ. Jesus said, "You are the light of the world." The greatest gift that any man can give to another is Christ. When we speak to others about Christ and the Church we are not asking them to follow us. We are asking them to follow Christ. "Evangelism," writes C. T. Niles, "is just one beggar telling another beggar where to find bread." "That you may be blameless and innocent," writes St. Paul to the Philippians, "the sons of God in the midst of a crooked and perverse nation, among whom you shine as lights in the world." We live in a world whose moral standards have descended. It is easy to conform to the darkness of the world. After all, few people want to be different, odd, eccentric. But for the sake of Christ we must be different. "We must obey God rather than man," said the Apostle Peter. We must be out of tune with the music of the streets because as Christians we march to the rhythm of a different drummer – Christ.

We cannot be lights for Christ in this world unless we live in His

presence day by day exposing ourselves to the light of His teachings and grace through prayer, the Gospel, the liturgy and the Sacraments. Only then can we be what Jesus intends us to be – lights shining in the darkness.

“Eastern Orthodoxy: A Way of Life.” Anthony Coniaris (Chapter 6).

Church Father Quote

❖ “One should not think about the doings of God when one’s stomach is full; on a full stomach there can be no vision of the Divine mysteries.” + St. Seraphim of Sarov

Practice

Put your confidence and trust not in creatures but in God alone.

WEDNESDAY - FAITH IN THE SAVIOUR

Our Christian religion has been telling us through the ages that God is all-powerful. A prominent scientist tells us that if we were to pay the light bill of the sun, pay for its energy at one penny per kilowatt, that a one-hundredth-millionth part of a second would cost us more than World War II. This is power— God’s power. We use it every day and most of us just take it for granted. Man invents a pump to lift water from the earth, yet he carries a pump inside him that pumps ceaselessly, night and day, without repair, without attention, for seventy or eighty years, lifting two hundred and eighty thousand tons of blood a year, and so silently the doctor has to listen to it with a stethoscope.

Everywhere nature speaks of the power of God. Now we have a faint idea of what our Lord meant when He said, “All power is given unto Me in heaven and on earth.” Is it only in nature that God has placed such power? Are we to believe that God has left man – the masterpiece of His creation – powerless? Not if we believe, as we do, that man is made in the image of God. But has man able to master himself. People so often say, “I can’t...I can’t control my temper...I can’t resist temptation...I can’t live a pure life in today’s society...I can’t come to Church every Sunday...I can’t pray...I can’t be a victorious Christian...I can’t, I can’t, I can’t. Where does one receive the strength to overcome this inadequacy, this powerlessness? There is no other way than by attaching ourselves to Someone who is all-powerful – God in the Person of Christ. St. Paul writes, “Christ is able to supply all your needs

according to His riches in glory in Christ Jesus.” And, “I can do all things through Christ who strengthens me.” When you need help, be sure to ask someone who is not only willing, but also able to give it. God is not only willing but able. When Daniel was thrown into the Lion’s Den, the king came to him the next day asking, “Daniel, servant of the living God, has your God, whom you serve continually, been able to deliver you from the lions?”(Daniel 6:20). From experience Daniel could say, “My God is able.”

Able to help us do the good that we don’t always want to do.

Able to give courage and insight for the day’s needs.

Able to forgive our lack of faith and sins.

Able to help us overcome our fears and hopelessness.

“Eastern Orthodoxy: A Way of Life.” Anthony Coniaris (Chapter 11).

Church Father Quote

✦ "The spirit of meekness settles not where wrath or passion exists." St. John Chrysostom

Practice

Bear with the faults of others as you expect others to bear with yours.

THURSDAY - SAVIOUR'S RESURRECTION

The sacrament of Holy Communion enables us to abide in Jesus and be united with Him, assuring us of the perfect unity with God in the Eternal Life. As we yearn to abide and unite perfectly in Him, so we remember Him always until He comes, and we await His glorious coming with earnest expectation, for His second coming will fulfill our unity with Him forever. In the Liturgy the congregation responds with this wonderful hymn in answer to the Lord’s words, “Amen, Amen, Amen. We preach Your death, O Lord. Your Holy Resurrection and Ascension we acknowledge. We praise You, we bless You, we thank You, O Lord, and supplicate You, O our Lord.” They sing with an uplifted voice to the Lamb who was slaughtered for their salvation. They remember His life-giving death for their redemption, and confess His holy resurrection by which He defeated the terrifying enemy of humanity - death. They confess their belief in His ascension to heaven, where He is sitting at the right Hand of the Father, having entered, “the inner part behind the

veil where the forerunner has entered for us" (Hebrews 6:20), "To prepare a place for us" (John 14:2). We live in the expectation of His Second Coming, according to what He advised, "Do this in remembrance of Me". St. Paul says, "For as often as you eat this Bread, and drink this Blood, you proclaim the Lord's death till He comes" (1 Corinthians 11:26). The last sentence of this hymn, "We praise You ..." is addressed to the Holy Trinity, as explained by one of the church fathers: "We praise You, O Lord God. We bless You, O Son the Word. We thank You O Holy Spirit for all these great gifts, and we supplicate You, O Holy Trinity, our One God to accept this sacrifice from us, sending to us the gift of Your Holy Spirit." My beloved, recite this response reverently with the whole Church, meditating on every word. Stretch out your hands and say to the Lord, "We praise You Lord, bless You and thank You for these great graces, which angels yearn to see". Supplicate unto Him with all your heart concerning your private needs or problems that need a solution, or blessing, guidance and divine leadership in your life. Lift up your hands and eyes and heart to God pleading with persistence so that He may give you your request.

"How to benefit from the Holy Liturgy", His Grace Bishop Matthaous (pp123-124).

Church Father Quote

✦ "Let us fast an acceptable and very pleasing fast to the Lord. True fast is the estrangement from evil, temperance of tongue, abstinence from anger, separation from desires, slander, falsehood, and perjury. Privation of these is true fasting." St. John Chrysostom

Practice

Gladly endure privation and hardship after the example of your crucified Saviour.

FRIDAY - SAVIOUR'S JUDGEMENT

God's will in incarnation was to change our nature and have us partake in His divine nature so that we would be able to do like He did, to be as humble, loving, forgiving, sacrificing and abnegating as He was; so that we may be like Christ in every way. This is the essence of the Church's striving during the days of fasting. The Church is always preaching to us about love, forgiveness, prayer and fasting and the acceptance of temptations and trials with devoted souls. The Church tells us about the living water which satisfies the human spirit, until we are capable, eventually, to see God and have communion with Him; in other words,

realizing God's will in us.

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

Church Father Quote

❖ "Blessed is He who gave us fasts, the sheer wings by which we fly to Him." ~ St. Ephram the Syrian

Practice

Strive daily to pray more devoutly that you may grow in Holiness.

SATURDAY - SAVIOUR'S BLESSING

Death is destroyed. The cross has triumphed over it. It no longer has any power but is truly dead. This is why all of Christ's disciples despise death and no longer fear it. They take the offensive against it. And by the sign of the cross and by faith in Christ they trample it down as dead. Before the Saviour came, death was terrible to the Saints. Everyone wept for the dead as though they perished. But now that the Saviour has risen, death isn't terrible anymore. For everyone who believes in Christ tramples over death. They would rather die than deny their faith in Christ. For they know that when they die they aren't destroyed, but actually begin to live. Through the resurrection they become incorruptible. For the devil, who once maliciously rejoiced in death, is the only one truly dead now that we are relieved of death's pains. As proof of this, people are terrified of death before they believe in Christ. But when they have turned to Christ's faith and teaching, they despise death so much that they even eagerly rush up to it. They testify of Christ's victorious Resurrection.

St. Athanasius

Practice

Meditate on the lives of the Saints and follow their example.

SUNDAY - SAVIOUR'S SALVATION

Events:

Our Lord Jesus Christ entered Jerusalem as a King, sitting on a donkey, a colt, the foal of a donkey.

Rites:

-Procession of the Cross during the prayers of Raising of Incense
(Matins)

-The Liturgy of Palm Sunday in which the four Gospels relating to the entry of Our Lord Jesus Christ into Jerusalem are read and the praises of the children 'Hosanna to the Son of David' and a hymn 'Evlogemenos' is chanted.

-The funeral service for the departed is conducted after the completion of the Holy Liturgy and Communion. Funerals are not performed during Passion week as the focus is on the pains and sufferings of Our Lord Jesus Christ.