

### Sunday: Beginning of the Second Week of Great Lent:

"Let us now set out with joy upon the second week of the Fast; and like Elijah the Tishbite let us fashion for ourselves from day to day, O brethren, a fiery chariot from the four great virtues; let us exalt our minds through freedom from the passions; let us arm our flesh with purity and our hands with acts of compassion; let us make our feet beautiful with the preaching of the Gospel; and let us put the enemy to flight and gain victory."

### Monday of the Second Week of Great Lent:

"Brethren, let us enter with eagerness upon the second week of the light-giving Fast; and rejoicing in the feast which we kept yesterday, with holy gladness let us sing praise of Christ."

"I entreat Thee in Thy compassion, O Christ, through true fasting and repentance restore to life my soul, slain by the fruit of disobedience. Grant me ever to walk in the straight path of Thy holy commandments; that so, in the company of all that love Thee, I may share in Thy divine glory, and praise Thy goodness toward all men, O Jesus."

"Leading through the time of the Holy Fast, O God, Thou hast enabled us to enter on its second week. Grant, O Lord, that in the weeks to come we may run the race with all our power. Give to our souls and bodies grace and strength, that with good courage and in joy we may complete the course and come to the royal day of Thy Resurrection; and wearing crowns of victory we shall praise Thee without ceasing."

### Tuesday of the Second Week of Great Lent:

"Restraining the passions with the bridle of pure fasting, let us all strive to raise our mind in perfect faith to holy contemplation. Let us despise the pleasures of this earthly life, that we may gain the heavenly life and divine illumination."

"The holy Fast enriches our heart, and makes it by the power of God increase in virtue, like a full ear of wheat. Let us therefore fast with gladness in these holy days, and so receive sanctification."

"Let us keep a true fast before the Lord: let us abstain not only from food but from angry speech and lying, and from every other passion, that we may behold Pascha in purity."

### Wednesday of the Second Week of Great Lent:

“As we pass through the solemn time of abstinence, let us blow the trumpet, and loudly cry: Through the Fast life has blossomed in the world, and the death that comes from self-indulgence is destroyed. By the power of Thy Cross, O Christ the Word, guard Thy servants in the Fast.”

“The grace of the Fast shines upon us, driving out the darkness of sinful self-indulgence. Behold, now is the accepted time and the day of salvation. Let us bring forth fruits of repentance and we shall live.”

“Keeping a spiritual fast, O brethren, let us speak no lies with our tongue not giving our brother cause for scandal; but through repentance let us make the lamp of our soul burn brightly, and let us cry with tears of Christ: Forgive us our trespasses in Thy love for mankind.”

#### Thursday of the Second Week of Great Lent:

“O my soul, fast from all excess of food, and take thy delight in the contemplation of what is good; and thou shalt eat at the heavenly table.”

“O miserable soul, abstain from the passions and be saved. For abstinence from food is not acceptable as a fast, unless we also correct our faults.”

“In this season of repentance, let us stretch out our hands in works of mercy; and then the ascetic struggles of the Fast will bring us to eternal life. For nothing saves the soul so much as generosity to those in need, and almsgiving combined with fasting will deliver a man from death. Let us do all this with gladness, for there is no better way, and it will bring salvation to our souls.”

#### Friday of the Second Week of Great Lent:

“Through fasting let us glorify our flesh and enrich our souls with virtues. Let us feed the poor and so acquire unfailing wealth in heaven, and let us cry: O all ye works of the Lord, praise ye the Lord and exalt Him above all forever.”

“Killing the passions, the present Fast brings promise of healing to those wounded by sin. God has given us this Fast to help us: let us honor and accept it as the divinely-written tables of the Law, given through Moses. Let us not choose wanton self-indulgence, because of which the tables once were broken; let us not perish with those whose carcasses fell in the wilderness. Let us rejoice with the Church. Let us not be hypocrites like the Pharisees, but in the spirit of the Gospels let us put on the beauty of holiness, glorying in the Cross of Christ the Deliverer of our souls.”

