



Coptic Orthodox Patriarchate
The Coptic Orthodox Diocese of Mississauga, Vancouver and Western Canada
 St. Mina Coptic Orthodox Church
 Hamilton, Ontario, Canada

**Prayers accompanied by kneeling as part of our personal
 Prayer at home on the morning of every day of the Great Lent for the year 2016**

❖ **O my Lord Jesus Christ, the Son of God, Who fasted for my sake,**
 keep the peace of the one holy Catholic and apostolic church.

❖ **O my Lord Jesus Christ, the Son of God, Who fasted for my sake,**
 Keep the life of our father **The Patriarch Pope Tawadros the 2nd**, his partner in liturgy **His Grace Bishop Mina**, our fathers the Metropolitans, the Bishops, the Priests and the monks, and our brethren the Deacons. Support them all in their service.

❖ **O my Lord Jesus Christ, the Son of God, Who fasted for my sake,**
 Remember and heal the sick of Your people, save those who are troubled and those who are in hardships. Those who are sadden and in sufferings, grant them peace and fill their hearts with joy and gladness. The widows and orphans support them.

❖ **O my Lord Jesus Christ, the Son of God, Who fasted for my sake,**
 remember the stray and the unbelievers, bring them back, and reveal Your love to all people.

❖ **O my Lord Jesus Christ, the Son of God, Who fasted for my sake,**
 Give me to forgive those who trespass against me. Grant me a Holy and acceptable fast before you. Support me in my struggle for salvation, and have mercy on me, your sinful servant.

“It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”

Matthew 4:4

“Man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord.”

Deuteronomy 8:3

(Additional prayers and kneeling may be added as per the needs of each individual, only with the prior arrangement with the father of confession)

Appropriate readings from the Holy Bible during Great Lent:

Old Testament		New Testament	
1	Exodus (40 Chapters)	5	Luke (24 Chapters)
2	Lamentations (5 Chapters)	6	Colossians (4 Chapters)
3	Habakkuk (3 Chapters)	7	Titus (3 Chapters)
4	Jeremiah (52 Chapters)	8	Hebrews (13 Chapters)

Please Note: Three chapters are to be read each day from Monday March 7th up to and including Lazarus' Saturday on April 23th.