

# Prostrations & Readings for the Holy Great Lent 2022



Saint Mina's Coptic Orthodox Church invites you to join us in prayers accompanied by metanias (prostrations) as part of our personal prayer at home on the morning of every day of the Holy Great Lent for the year 2022

- *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 His Holiness Pope Tawadros the 2nd, his partner in the apostolic liturgy His Grace Bishop Mina, our fathers the Metropolitans, the Bishops, the Priests, 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.*

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

*"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](#))

Appropriate readings from the Holy Bible during Great Lent:

1- Numbers	1- Mark
2- Joshua	2- <b>1st Corinthians</b>
3- Hosea	3- <b>2nd Corinthians</b>
4- Joel	4- Philemon
5- Judaism	5- James

Please Note: Three chapters are to be read each day from Monday, February 28th, up to and including Lazarus' Saturday on April 16th.