

**Activity**



**“And the multitudes that went before, and that followed, cried, saying, Hosanna to the Son of David: Blessed is he that cometh in the name of the Lord; Hosanna in the highest.”**

**MATTHEW 21:9**

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## Introduction

### Power of fasting?

The power of fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world.

### How many days is Great Lent?

Lent starts with a preparation Lent fast of one week + followed by a 40 day fast commemorating Christ's fasting on the mountain + followed by the holy week of the Coptic calendar called Pascha = 55 days. Lent climaxes with Good Friday and ends with Easter.

So therefore Great Lent is **55** days.



### Great lent has the following weeks

- Week 0: Pre-lent
- Week 1: Treasures in Heaven
- Week 2: Temptation Sunday
- Week 3: The Prodigal Son
- Week 4: The Samaritan Woman
- Week 5: The Paralyzed Man
- Week 6: The Man Born Blind
- Week 7: Palm Sunday

## Week 7 - Palm Sunday (The Joy in Christ Our King)



With the gospel reading of Palm Sunday (**Matthew 21:1-17, Mark 11:1-11, Luke 19:29-48, John 12:12-19**), we are happy because Christ the King goes into our hearts to rule over them. We carry the branches of the palm tree and go out to meet Him chanting, "Hosanna! Bless is He Who comes in the name of the Lord" (John 12:13).

**Activity**



“Jesus anoints the blind man’s eyes with clay.”  
John 9:6

**HAPPY TRIP WITH JESUS CHRIST**



**R: Happy trip with Jesus Christ, Along for seven weeks.  
Enjoying the great lent, fasting but not weak. (2)**

1. First week with God's kingdom,  
is the goal we're looking for.  
Second week fighting the devil,  
as Lord Jesus did before.

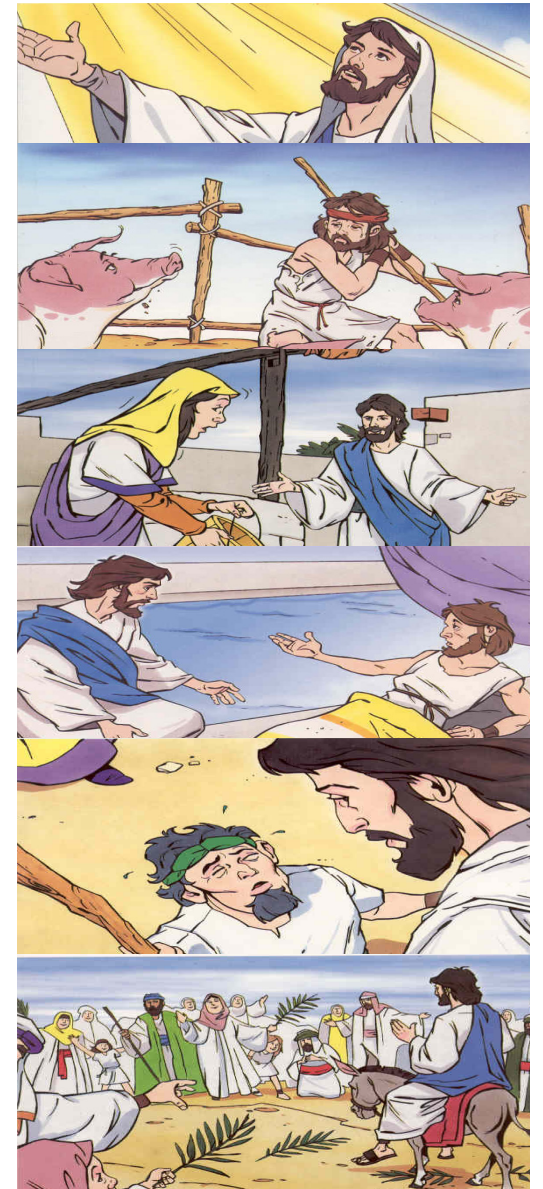
Third week with the prodigal son:  
“Father I've sinned before You.”

2. Fourth with the Samaritan woman,  
who hurried and told her kin:  
“Come to see a great prophet,  
who knew my life ... Everything!  
When I came to Jacob's well,  
Jesus cleansed me from my sin.”

3. The fifth with the paralyzed man,  
thirty-eight years on illness bed.  
The Son of God said to him:  
“From your illness, you are rid.”  
At once the man became well,  
and the great miracle happened.

4. Sixth week with the man born blind,  
Jesus gave him back his sight.  
A great happiness filled his heart,  
when he saw the sun so bright.  
He worshiped the King of Light,  
in everywhere he praised His Might.

5. The seventh is Palm Sunday,  
we rejoice and sing with joy.  
Receiving the King of Peace,  
with the multitude we say:  
“Hossana ep-shiri en David,  
Jesus help us through Your way.”



The following booklet will tell you more about the journey we are about to take and what each week means for us and what we should do.

*Great Lent occupies a special place in our spiritual life and liturgical cycle.*

This joyful journey has certain landmarks and it is through our liturgical worship during this period that our Holy Church presents to us these landmarks. Together, we shall see how this journey allows us to experience joy, using the gospel reading of the Sunday Divine Liturgies as a guide for the important landmarks of this journey.

## Week 6 - The Man Born Blind (The Joy of Illuminations)



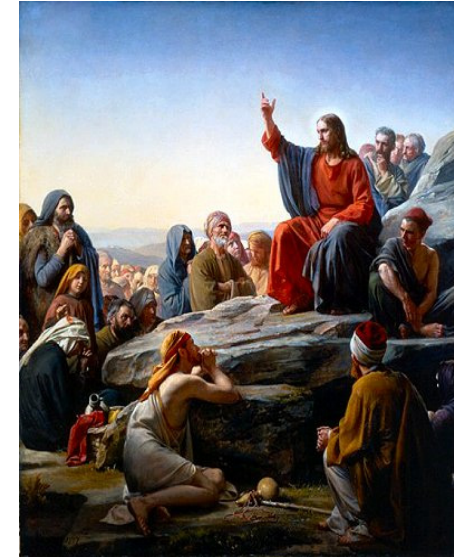
The gospel reading of the sixth week of Lent (**John 9:1-41**) is about a man who was Blind and Christ healed him. Christ said that “Neither this man nor his parents sinned, but that the works of God should be revealed in him” (John 9:3). Christ gave him spiritual sight. (John 9:35-37).

**Activity**



“Jesus said to him, 'Rise, take up your bed and walk.' And immediately the man was made well, took up his bed, and walked..." JOHN 5:8-9

Week 0 – Pre-lent (Preparing for the Joyous Journey)



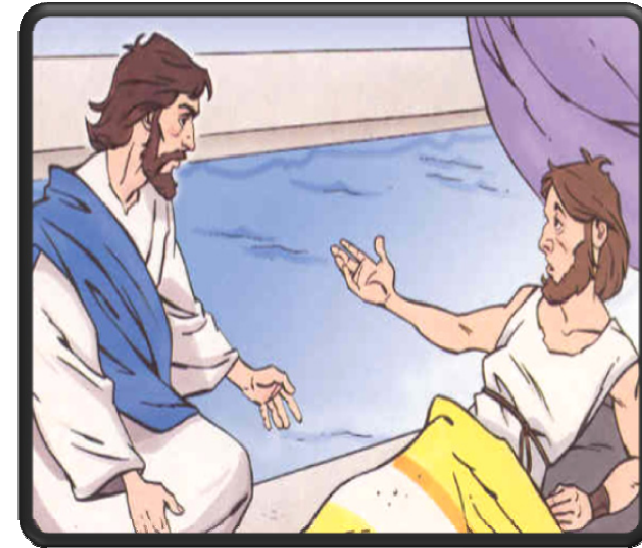
The gospel reading of the Preparatory Sunday is from the Sermon on the Mount (**Matt. 6:1-18**), which talks about praying to God. Our Lord Jesus Christ reminds us that our prayer or fasting, is only for God and not to show off in front of our friends. When He talks about fasting, our Lord tells us to always to be happy and smile always. (Matthew 6:16-18).

**Activity**



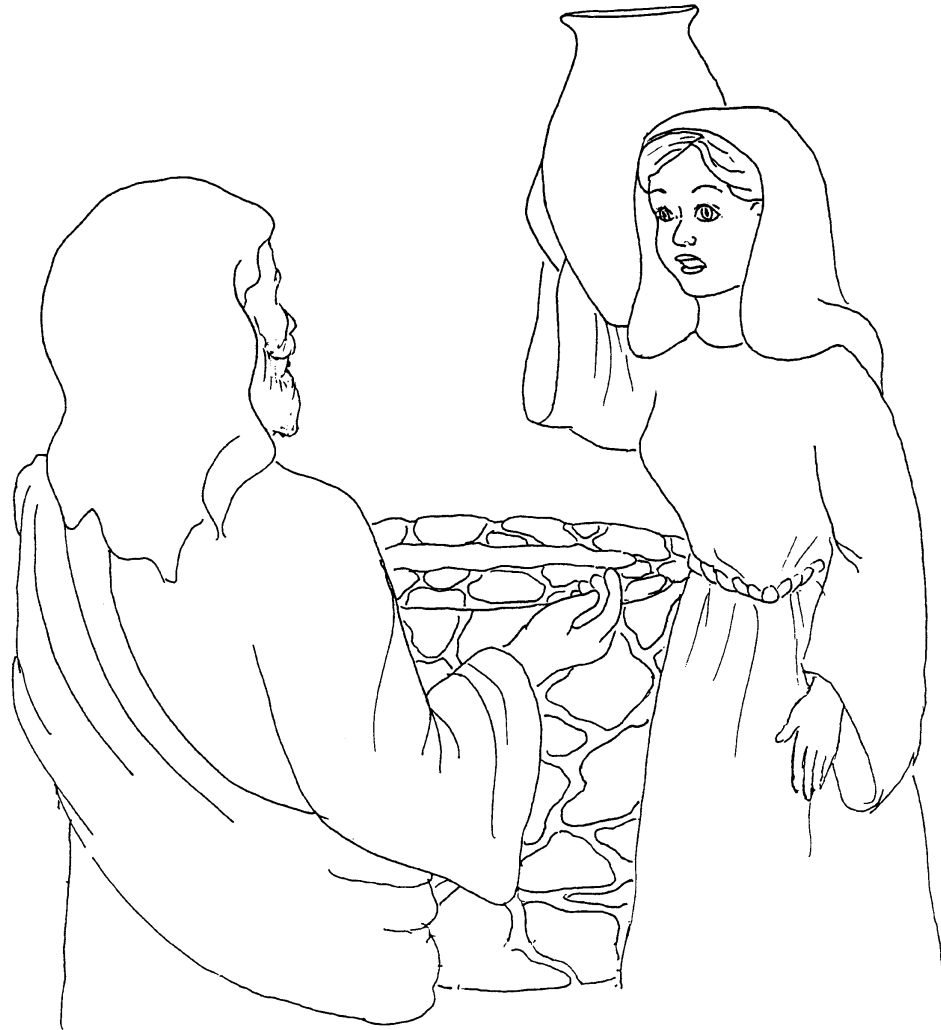
"But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly." **(Matthew 6:6)**

Week 5 - The Paralyzed Man (The Joy of Complete Healing)



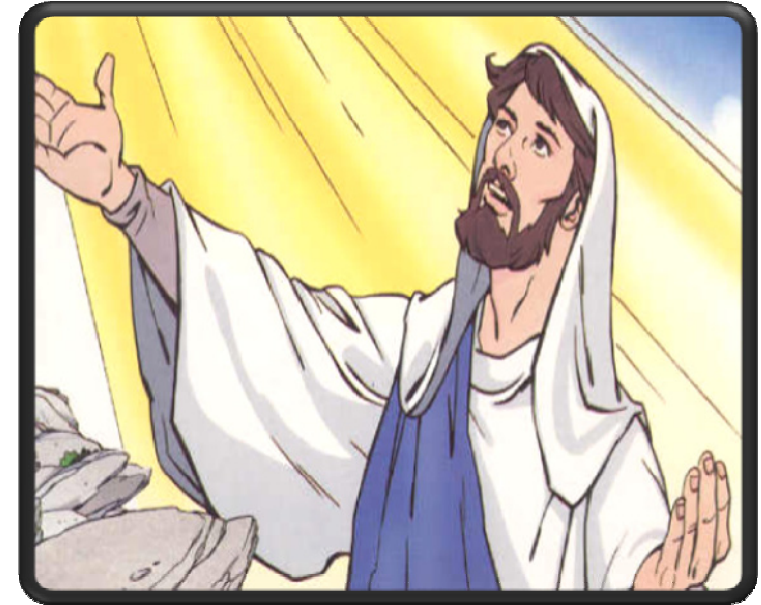
The gospel of the fifth Sunday is a about a man who could not move at Bethesda for 38 years **(John 5:1-18)**. He said that he had "no man to put me into the pool when the water is stirred up" (John 5:7). Our Lord changed this man's sorrow to joy. At a time when he was in need in finding someone to care about him our Lord went to him not by means of water of the pool, but by His word; He told him, "Rise, take up your bed and walk" (John 5:13).

**Activity**



"Jesus tells the woman at the well, 'Whoever drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst.'" *John 4:1-42*

Week 1 - Treasures in Heaven (Where do We Go?)



The gospel reading of the first Sunday of Lent (**Matthew 6:19-33**) gives us the direction of the trip. Our Lord Jesus Christ tells us, "But seek the Kingdom of God and His righteousness, and all these things shall be added to you" (Matthew 6:33). The Kingdom of God means that Christ rules over us and that we have communion with Him. So we should always listen when the gospel is being read as it is the word of God and not run in church as it is the house of the saints (Luke 10:41).

**Activity**



Week 4 - The Samaritan Woman (The Joy of those Rejected)



The gospel reading of the fourth Sunday of Holy Lent (**John 4:1-42**) tells us the joyful story of the Samaritan woman. The woman then left her water pot, went into the city, and said, 'Come see a Man, who told me all things that I ever did'. Then they went out of the city and came to Him. Then they said to the woman, 'Now we believe, not because of what you said, for we know that this is indeed the Christ, the Savior of the world'" (John 4:40-42).

**Activity**



“Jesus told the parable of the prodigal son.”  
Luke 15:11–32

Week 2 - Temptation Sunday (The Joy of Victory over Satan)



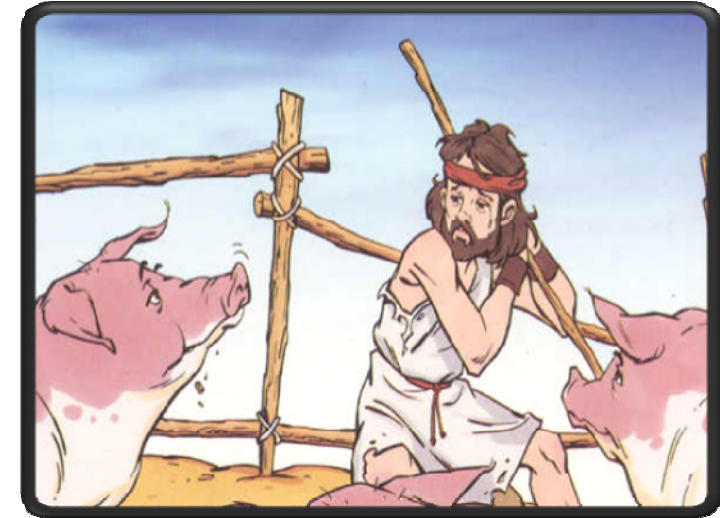
The gospel reading of the second Sunday of Lent (**Matthew 4:1-13**) gives us the joy of victory over Satan. For our sake and on our behalf, our Lord was victorious over Satan. The Church reminds us that the journey has many temptations, because Satan “walks about like a roaring lion, seeking whom he may devour” (1 Peter 5:8). Despite the difficulty of the trials, yet we are joyful, because our powerful God is stronger than the devil.

**Activity**



**“Man shall not live by bread alone, but by every word that proceeds from the mouth of God” Matthew 4:4**

Week 3 - The Prodigal Son (The Joy of Repentance)



The gospel reading in the third Sunday of Lent (**Luke 15:11-32**) helps us feel the joy in heaven when we go back to God. Even if we wander away from our Heavenly Father, and even if we journey to a far country, yet we can look up to our Heavenly Father. The gospel tells us how the father received his returning son, “But when he was still a great way off, his father saw him and had compassion and ran and fell on his neck and kissed him... (Luke 15:20-24).