



**“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

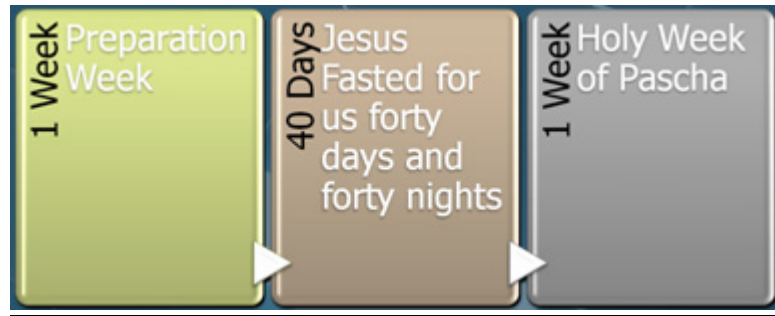
### Power of fasting?

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.

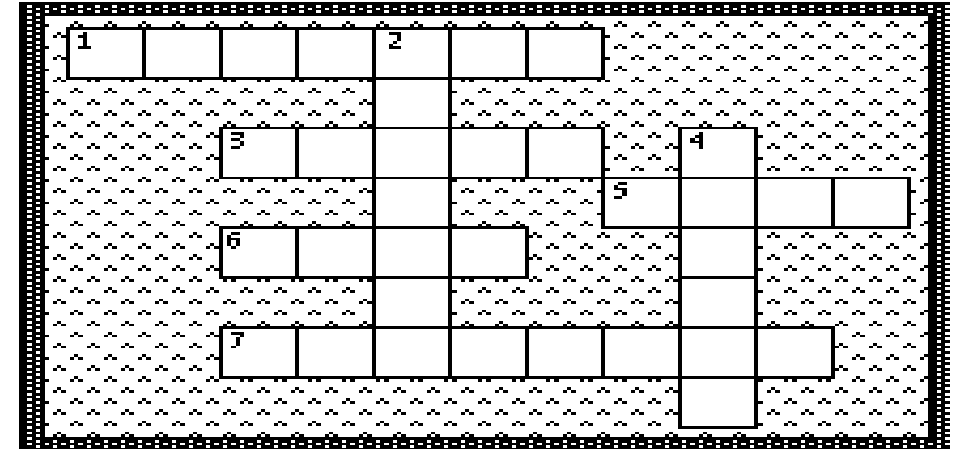
So therefore Great Lent is **55** days.



### 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

## Activity



**4 DOWN** "Now when they drew near to Jerusalem, and came to Bethphage, at the Mount of Olives, then Jesus sent two disciples, saying to them, 'Go into the village opposite you, and immediately you will find a \_\_\_\_ tied, and a colt with her. Loose them and bring them to Me.'" **MATTHEW 21:1-2**

**5 ACROSS** "And if anyone says anything to you, you shall say, 'The \_\_\_\_ has need of them,' and immediately he will send them." **MATTHEW 21:3**

**6 ACROSS** "All this was done that it might be fulfilled which was spoken by the prophet, saying: 'Tell the daughter of Zion, "Behold, your \_\_\_\_ is coming to you, lowly, and sitting on a donkey, a colt, the foal of a donkey.'" " **MATTHEW 21:4-5**

**1 ACROSS** "They brought the donkey and the colt, laid their \_\_\_\_ on them, and set Him on them." **MATTHEW 21:7**

**7 ACROSS** "And a very great multitude spread their garments on the road; others cut down \_\_\_\_ from the trees and spread them on the road." **MATT. 21:8**

**2 DOWN** "Then the multitudes who went before and those who followed cried out, saying: 'Hosanna to the Son of David! "Blessed is He who comes in the name of the LORD!" \_\_\_\_ in the highest!' " **MATTHEW 21:9**

**3 ACROSS** "So the multitudes said, 'This is \_\_\_\_, the prophet from Nazareth of Galilee.'" **MATTHEW 21:11**

Questions

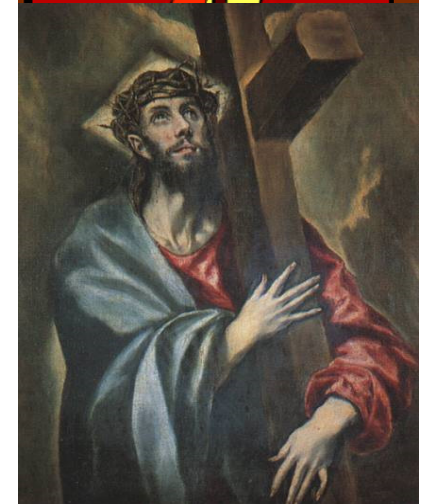
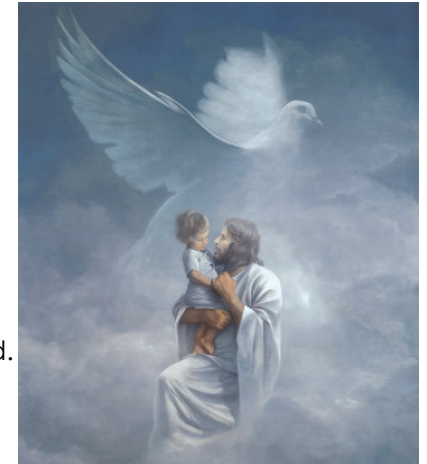
1. "Now when they drew near to Jerusalem, and came to Bethphage, at the Mount of Olives, then Jesus sent two disciples, saying to them, 'Go into the village opposite you, and immediately you will find a **(ROPE, DONKEY)** tied, and a colt with her. Loose them and bring them to Me.' " **MATTHEW 21:1-2**
2. "And if anyone says anything to you, you shall say, 'The Lord has need of them,' and immediately he will send them." **MATTHEW 21:3**  
**TRUE OR FALSE**
3. "They brought the donkey and the colt, laid their **(SADDLES, CLOTHES)** on them, and set Him on them." **MATTHEW 21:7**
4. "So the multitudes said, 'This is Jesus, the prophet from Nazareth of Galilee.' " **MATTHEW 21:11**  
**TRUE OR FALSE**
5. "Then the multitudes who went before and those who followed cried out, saying: ' \_\_\_\_\_ to the Son of David! "Blessed is He who comes in the name of the LORD!" \_\_\_\_\_ in the highest!" " **MATTHEW 21:9**

Memorization – Psalm 80

"Give ear, O Shepherd of Israel, You who lead Joseph like a flock; You who dwell between the cherubim, shine forth! Before Ephraim, Benjamin, and Manasseh, stir up Your strength, and come and save us! Restore us, O God; cause Your face to shine, and we shall be saved!

NIGHT OF THE LAST SUPPER

1. Night of the last supper, night of the last supper. Jesus took break and broke and said "Eat my Body."
- R: Our Master, Our Savior, gave us the vine of love. He is the Bread of Life, coming from heaven above.**
2. Night when my Lord suffered, night when my Lord suffered. He took wine and gave thanks, and said "This is my Blood".
3. This is the Groom's Supper, is given to His Bride. Promising eternal life, up in the Lord's kingdom.
4. This is the food of souls, is offered to us all. And the Blood is given, to help me lest I fall.
5. Jesus, You are my hope, forgive my sins O Lord. Wash me and clean my soul, put on me a new robe.
6. My heart I give to You, Your will I want to do. Your love to me I knew, when You paid all my dues.
7. Jesus fill all my heart, the devil has no part. And through this sacrament, He gave me a new start.
8. Jesus to you I pray, to lead me in your way. Bless me and help me obey, all what the Bible says.
9. Christ suffered for my sake, His mercy is so great. My sins Jesus erased, and a new life He gave.
10. My heart is filled with joy, and my spirit rejoices. with God I have union, when I take Communion.



## 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.

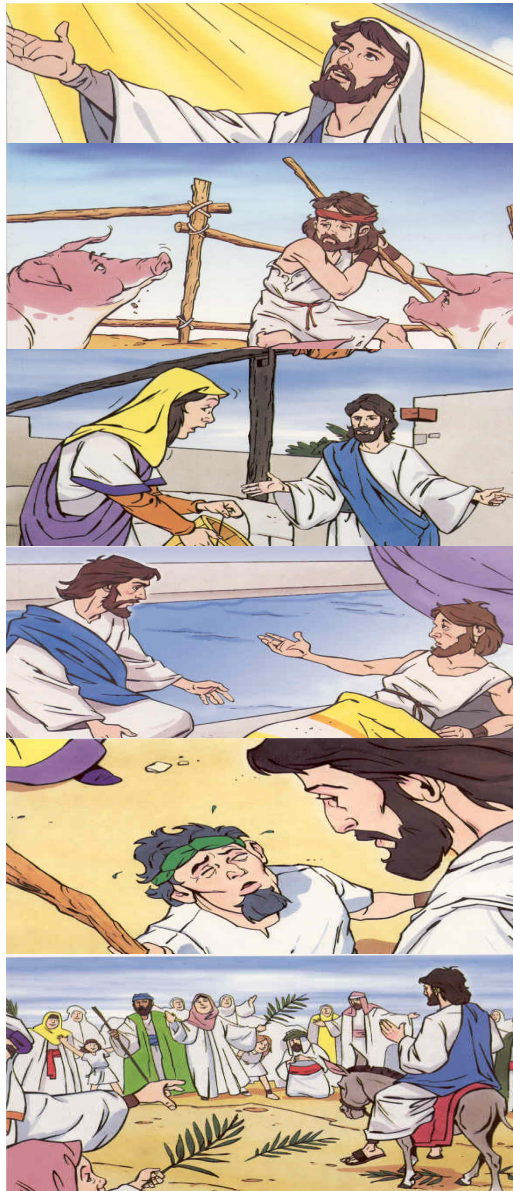
Third week with the prodigal son: "Father I've sinned before You."

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."

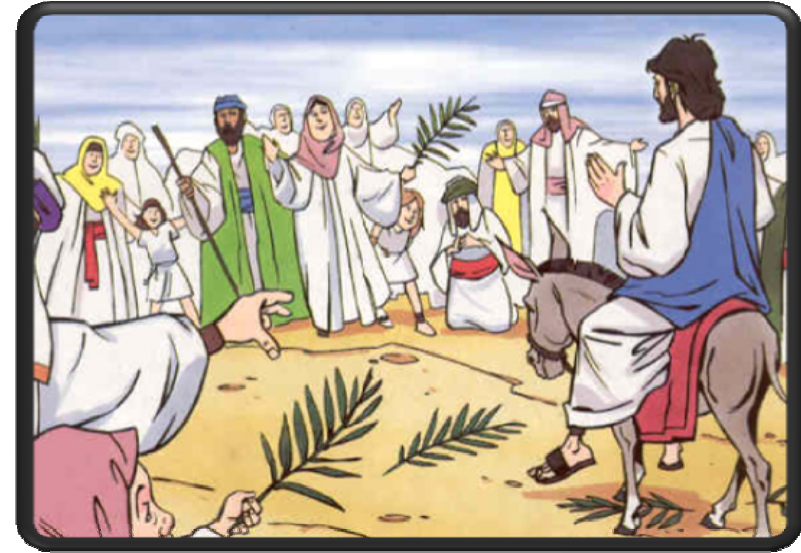
3. The fifth with the paralyzed man, thirty-eight years on illness bed. The Son of God said to him: "From your illness, you are rid." At once the man became well, and the great miracle happened.

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."



## 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 rejoice with the multitudes, because Christ the King enters 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). The journey of Great Lent is a journey to encounter our Lord Jesus Christ and grow in His knowledge. When Christ reigns over our hearts, He guides our life and directs it in accordance to His royal commandments. Thus, we can say with St. Paul, "I have been crucified with Christ; it is no longer I who live, but Christ lives in me" (Galatians 2:20). During Holy Lent, we experience this joyful experience of mortifying our egos so Christ can rule, and we even experience it with more depth during Pascha Week, in which we rejoice because Christ, the Lover of mankind, reigned as a King on the Cross, was victorious over death, and conquered it, giving us the new life by His glorious resurrection. We then proceed towards the Fifty Holy Days to experience the life in the Kingdome by celebrating daily Christ's resurrection.

Let us pray that during Holy Lent our Lord may grant us a joyful journey and help us live with Him through His journey of love during His Passion. May our Lord grant us victory with Him, through His glorious resurrection, s that in the end, after we have complete our earthly journey, in this world, we may be worthy to sit with Him in the heavenly places.

**Activity**



"Jesus anoints the blind man's eyes with clay."  
*John 9:6*

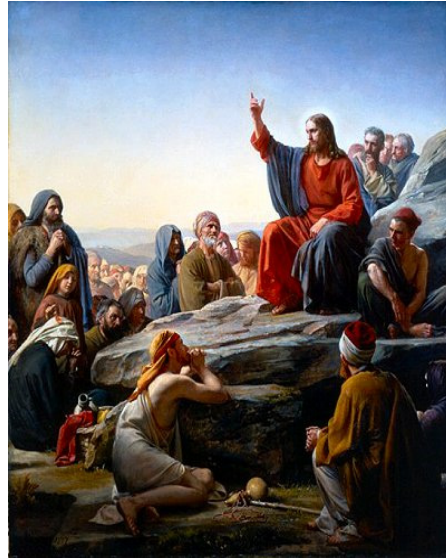
The following booklet will tell you more about the journey we are about to take and what each week means for us and what we should do.

*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 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 revolves around the joyful worship. Our Lord Jesus Christ reminds us that our worship, whether through prayer, fasting, or alms giving, is directed towards God and not to impress people, as hypocrites do. God is our Heavenly Father, Who sees what is done in secret and rewards us openly. When He talks about fasting, our Lord exhorts us during fasting not to have a sad countenance, but a cheerful and happy face, "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting... But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to you Father Who is in the secret place; and your Father Who sees in secret will reward you openly" (Matt. 6:16-18).



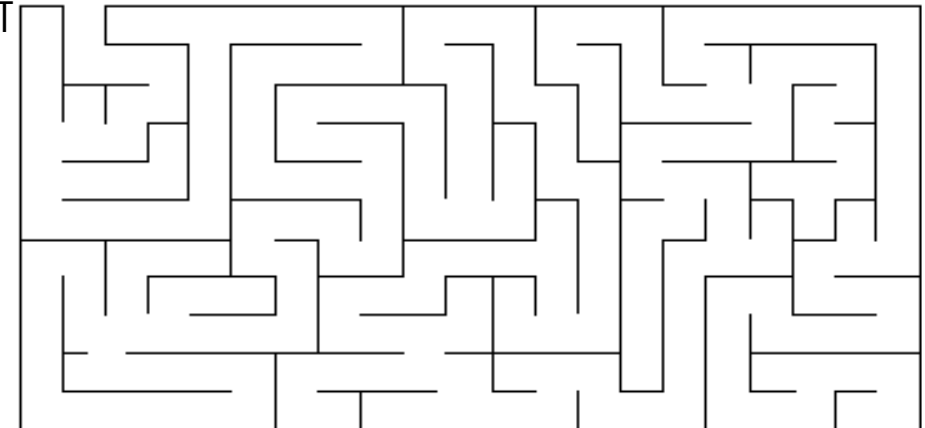
Questions

1. What does the word "heed" mean in (Matthew 6:1) mean? \_\_\_\_\_
2. What does the word "reward" in (Matthew 6:1) mean? \_\_\_\_\_
3. What does the word "charitable" in (Matthew 6:2) mean? \_\_\_\_\_
4. Should we do charitable deeds in front of people? (A) Yes (B) No
5. When we do a charitable deed we should sound a trumpet? (A) Yes (B) No
6. But you, when you \_\_\_\_\_, go into your \_\_\_\_\_, and when you have shut your \_\_\_\_\_, \_\_\_\_\_ to your Father who is in the secret place, and your \_\_\_\_\_ who sees in \_\_\_\_\_ will \_\_\_\_\_ you \_\_\_\_\_. (Matthew 6: \_\_\_\_ - \_\_\_\_).
7. In Matthew 6:1-18 the word "deed" is repeated how many times? \_\_\_\_\_
8. In Matthew 6:1-18 the word "charitable" is repeated how many times? \_\_\_\_\_
9. In Matthew 6:1-18 the word "pray" is repeated how many times? \_\_\_\_\_
10. Give verses in chapter 6:1-18 that teach us the following:
  - a) Charitable deeds \_\_\_\_\_
  - b) How to pray \_\_\_\_\_

Questions

1. Now as Jesus passed by, He saw a man who was deaf from birth. **JOHN 9:1**  
**TRUE OR FALSE**
2. "And His disciples asked Him, saying, 'Rabbi, who sinned, this man or his parents, that he was born blind?' " **JOHN 9:2**      **TRUE OR FALSE**
3. "Jesus answered, 'Neither this man nor his parents sinned, but that the works of God should be (**HIDDEN, REVEALED**) in him.' " **JOHN 9:3**
4. "He answered and said, 'Who is He, Lord, that I may believe in Him?' And Jesus said to him, 'You have both (**SEEN, MOCKED**) Him and it is He who is (**TALKING, WALKING**) with you.' " **JOHN 9:36-37**
5. "Then he said, 'Lord, I believe!' And he worshiped Him." **JOHN 9:38**  
**TRUE OR FALSE**

START



FINISH

Memorization – Psalm 89

" I will sing of the mercies of the LORD forever; with my mouth will I make known Your faithfulness to all generations. For I have said, 'Mercy shall be built up forever; Your faithfulness You shall establish in the very heavens.' ...And the heavens will praise Your wonders, O LORD; Your faithfulness also in the assembly of the saints.

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

The soul that has been purified by repentance and lived away from sin needs illumination through knowing God. Our spiritual life is not merely abstaining from sin, but is growth in the knowledge of God and coming closer to Him. The gospel reading of the sixth week of Lent (**John 9:1-41**) presents to us the story of a man whom Christ testified that "Neither this man nor his parents sinned, but that the works of God should be revealed in him" (John 9:3). He lived in darkness, which was not only the inability to see, but also more, importantly the ignorance of not knowing the Son of God. Christ granted him spiritual sight. Our Lord met him and asked him, "Do you believe in the Son of God?" and the man answered, and said, "Who is He, Lord, that I may believe in Him?" to which Christ answered, "You have both seen Him and it is He who is talking with you" (John 9:35-37). At the end of this chapter, Christ explains the meaning of true blindness; He said, "For judgment I have come into this world, that those who do not see may see, and that those who see may be made blind. Then some of the Pharisees, who were with Him, heard these words and said to Him, 'Are we blind also?' Jesus said to them, 'If you were blind you would have no sin; but now you say 'We see!' Therefore, your sins remain'" (John 9:39-41). During this Sunday, we experience the joy of illumination by knowing God through our communion with His Son, Who was incarnate for our salvation. The Church used to baptize the catechumens on this Sunday, which became known as "Baptismal Sunday," since through baptism we are granted the new nature that enables us to become illuminated by know thing Son of God.



Hymn for Week 0 & 1 – Ἀριπαυεὶ

*Praxis Response for the Great Lent on Saturdays and Sundays Liturgy:*

Ἀριπαυεὶ ὠπαβοῖς ἀριπαυεὶ  
 ὠπανοῦτῃ : ἀριπαυεὶ  
 ὠπαοῦρο ακβανι ζεν  
 τεκμετοῦρο.

Κεαρῶντ ἄλγως νευ  
 Πεκιωτ ἡχαος νευ πιπνευα  
 εθοραβ σε ακι ακτωνκ ακοτ  
 ἔμωον Ηαι ηαν.

Remember me O my Lord,  
 remember me O my God, remember  
 me O my King, when You come into  
 Your kingdom.

Blessed are You indeed, with Your  
 good Father, and the Holy Spirit, for  
 You have come and saved us. Have  
 mercy upon us.

Memorization - Prime Prayer- Psalm 14

O Lord, who shall abide in Your dwelling place? And who can rest upon Your holy mountain? It is he who walks blamelessly, doing righteousness, speaking truth in his heart, he who has not spoken deceitfully with his tongue; neither has done evil to his friend, nor taking up a reproach against his neighbors. The evil worker is disdained before him, but he glorifies those who fear the Lord. He gives oath to his friend and does not turn away from him. He has not given his money on usury, and has not received bribes against the godly. He who does these things shall not stumble forever. ALLELUIA.

**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)**

**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**

Hymn for Week 5 & 6 – **Ωσαννα**

*Praxis Palm Sunday Hymn said during liturgy:*

Ωσαννα ζεν νηετβοσι: φαι πε ποτρο  
υπικρανηλ: εσαρωοντ ηχε  
φηεθνηοτ: ζεν φραν υπβοις ητε  
νιζου.

Κσαρωοντ αληωο: νευ Πεκιωτ  
ναταθοο: νευ Πιπνευμα εθοταβ: χε  
ακι ακωτ υμον. Παι ναν.

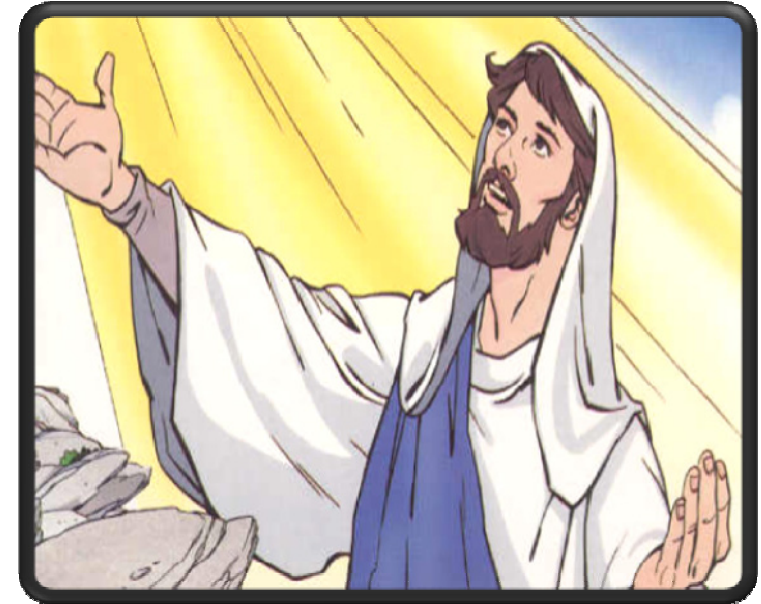
Hosanna in the highest, this is the King of Israel, blessed is He who comes in the Name, of the Lord of Hosts.

Blessed are You indeed, with Your good Father and the Holy Spirit, for You have come and saved us. Have mercy on us.

Memorization – Psalm 46

"God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea. Though its waters roar and be troubled, though the mountains shake with its swelling.

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



The gospel reading of the first Sunday of Lent (**Matthew 6:19-33**) defines the direction of the journey. 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. The bride in the Song of Solomon went searching for “the one I love” (Song of Solomon 3:3). She did not search for just any bridegroom, but for a specific One; the One whom she loves because He loved her first. Likewise, at the beginning of the Lenten journey the soul is not concerned with earthly treasures, food, drink, or clothes. She is concerned with only one thing; encountering her Bridegroom, the Heavenly King. Therefore, with the beginning of Lent, the soul must be freed from worldly concerns, even the good and essential matters. The soul must imitate Mary, who sat at the feet of her Bridegroom, listening to Him and not worrying about anything else. On the other hand, her sister, Martha, was concerned about important things, but they were inappropriate for that time. At a time in which she should have freed herself to listen to the Lord; Martha was concerned about the duties of hospitality. Therefore, Christ told her, “Martha, Martha, you are worried and troubled about many things. But one thing is needed” (Luke 10:41).

Questions

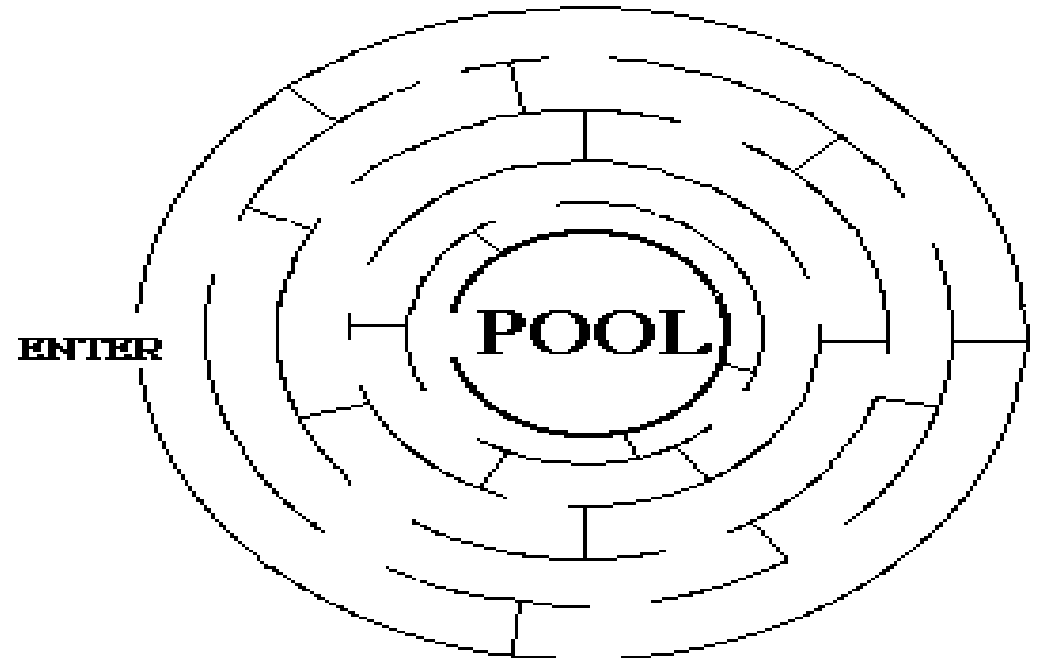
1. What does the word "treasure" mean in (Matthew 6:19) mean? \_\_\_\_\_
2. What does the word "moth and rust" in (Matthew 6:19) mean? \_\_\_\_\_
3. What does the word "mammon" in (Matthew 6:24) mean? \_\_\_\_\_
4. Should I worry about life, what will I eat and drink? (A) Yes (B) No
5. Our heavenly Father knows all that we need, but we should first seek the kingdom of God and his righteousness, and all things shall be added unto us? (A) Yes (B) No
6. "But seek \_\_\_\_\_ the Kingdom of God and His righteousness, and all these things shall be \_\_\_\_\_ to you. Therefore do not \_\_\_\_\_ about \_\_\_\_\_, for \_\_\_\_\_ will \_\_\_\_\_ about its own things. Sufficient for the day is its own trouble." (Matthew 6:\_\_\_\_\_ - \_\_\_\_\_).
7. In Matthew 6:19-33 the word "treasure" is repeated how many times? \_\_\_\_\_
8. In Matthew 6:19-33 the word "worry" is repeated how many times? \_\_\_\_\_
9. In Matthew 6:19-33 the word "kingdom" is repeated how many times? \_\_\_\_\_
10. Give verses in chapter 6:19-33 that teach us the following:
  - a) Lay up treasures in heaven \_\_\_\_\_
  - b) Do not to worry \_\_\_\_\_

Memorization - Psalm 133 from Compline Prayer

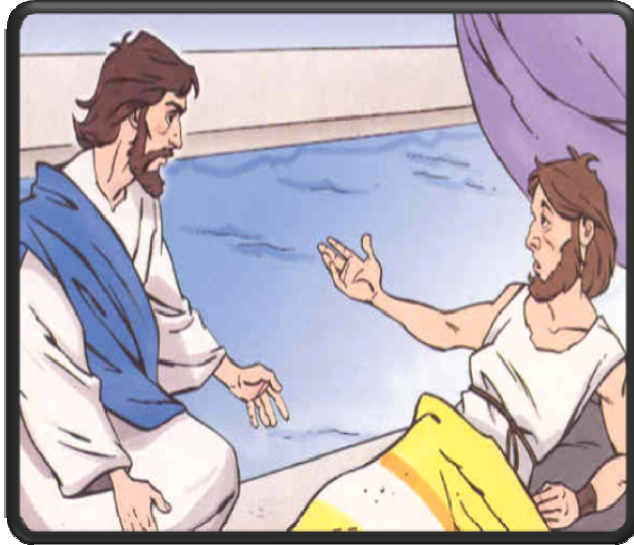
Behold; bless the LORD, all you servants of the LORD, who by night stand in the house of the LORD! Lift up your hands in the sanctuary, and bless the LORD. The LORD who made heaven and earth bless you from Zion. Alleluia.

Questions

1. "After this there was a feast of the Jews, and (**JESUS, HEROD**) went up to Jerusalem." **JOHN 5:1**
2. "Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five (**WINDOWS, PORCHES**)." **JOHN 5:2**
3. "For an \_\_\_\_\_ went down at a certain time into the pool and stirred up the water; then whoever stepped in \_\_\_\_\_, after the stirring of the water, was made well of whatever disease he had." **JOHN 5:4**
4. "Now a certain man was there who had an infirmity thirty-eight years." **JOHN 5:5**  
**TRUE OR FALSE**
5. "When Jesus saw him lying there, and knew that he had already been in that condition a long time, He said to him, 'Do you want to be made well?' " **JOHN 5:6**  
**TRUE OR FALSE**
6. Jesus said to him, "Rise, take up your bed and get into the water." **JOHN 5:8**  
**TRUE OR FALSE**



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



A person is humbled by illness, for he feels his weakness and disability. The cruelty of illness increases when it is connected to sin. The gospel of the fifth Sunday recounts the story of the paralytic at Bethesda (**John 5:1-18**). This man was paralyzed for 38 years and suffered from loneliness; 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 felt desperate in finding someone to care about him, or that he may be healed, 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). After granting him complete healing, Christ revealed to him the reason for his illness. He also warned him of the cause that may lead to an illness worse than the first one; He told him, “See, you have been made well. Sin no more, lest a worse thing come upon you” (John 5:14).

During Great Lent, we experience the joy of complete healing, since healing the spirit from sin is more important than healing the physical ailments. Sin is the illness of the spirit, body, and soul; only Christ can grant complete healing. In the Sacrament of Holy Unction, our Holy Church shows us how to experience complete healing. This sacrament is observed on the last Friday of Great Lent. Let us approach this sacrament with joyful and repentant hearts, confident that sin has no power over our bodies, since our bodies have been made holy and are temples of the Holy Spirit, being purified daily by repentance.

Activity



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

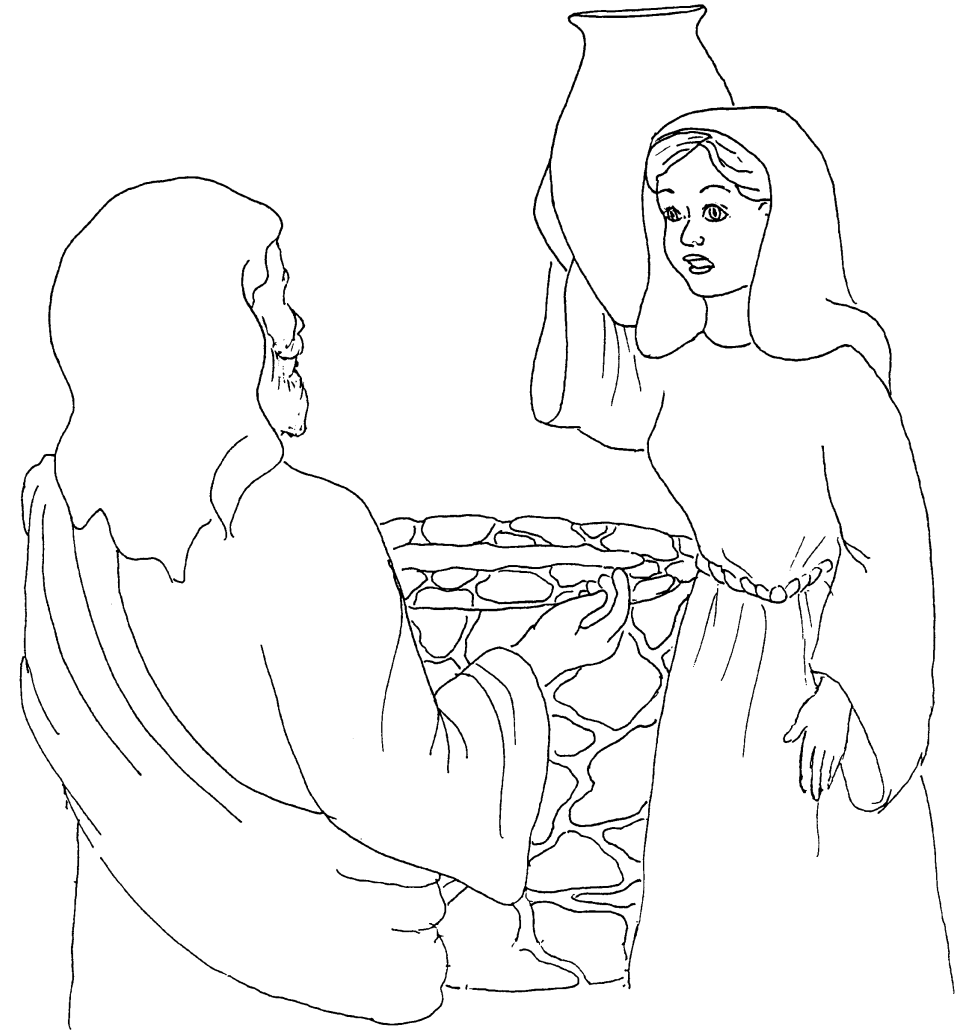
The gospel reading of the second Sunday of Lent (**Matthew 4:1-13**) gives us the joy of victory over the one who tempts us. For our sake and on our behalf, our Lord was victorious over Satan. The Church reminds us that the journey has many temptations, because Satan, our adversary, "walks about like 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 conquered the devil. Regardless of how strong our enemy may seem, and despite the numerous trials, yet he is a defeated enemy compared to our Lord's might and the power of His life-giving Cross.



Questions

1. What does the word "tempted" mean in (Matthew 4:1) mean? \_\_\_\_\_
2. What does the word "command" in (Matthew 4:3) mean? \_\_\_\_\_
3. What does the word "proceeds" in (Matthew 4:4) mean? \_\_\_\_\_
4. Jesus fast 50 days and 50 nights? (A) Yes (B) No
5. We should not tempt the Lord our God? (A) Yes (B) No
6. "But He answered and said, "It is \_\_\_\_\_, 'Man shall not \_\_\_\_\_ by bread \_\_\_\_\_, but every \_\_\_\_\_ that proceeds from the mouth of \_\_\_\_\_." (Matthew 4 :\_\_\_\_\_).
7. In Matthew 4:1-13 the word "word" is repeated how many times? \_\_\_\_\_
8. In Matthew 4:1-13 the word "wilderness" is repeated how many times? \_\_\_\_\_
9. In Matthew 4:1-13 the word "hungry" is repeated how many times? \_\_\_\_\_
10. Give verses in chapter 4:1-13 that teach us the following:
  - a) Do not tempt God \_\_\_\_\_
  - b) Jesus fasted \_\_\_\_\_
11. "Then Jesus was led up by the Spirit into the wilderness to be (**TEMPTED, FOUGHT**) by the devil." **MATTHEW 4:1**
12. "And when He had fasted forty days and forty nights, afterward He was (**HUNGRY, DIRTY**)." **MATTHEW 4:2**

**Activity**

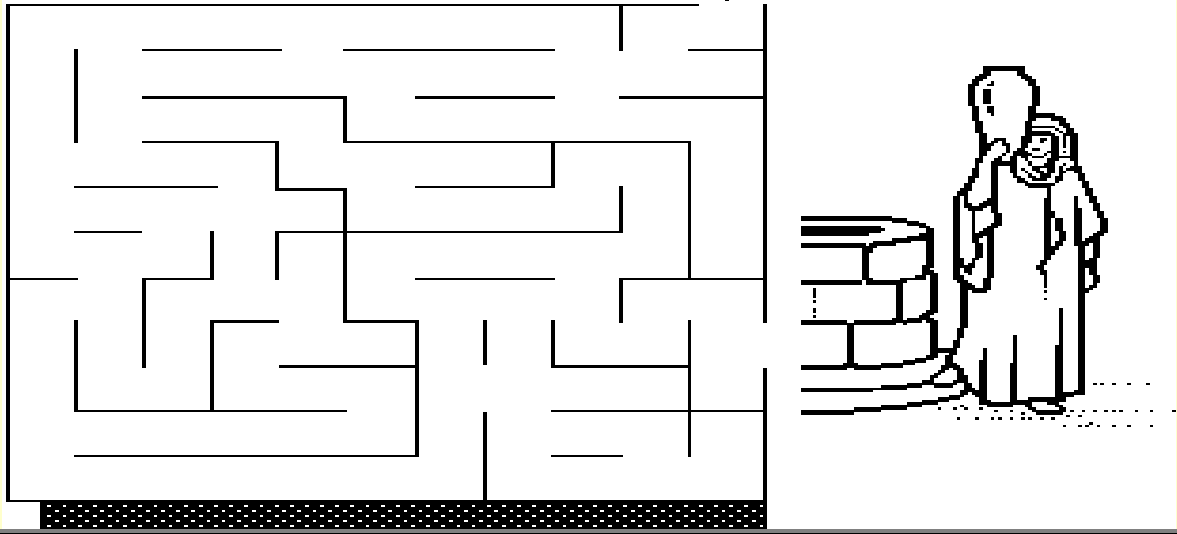


"Jesus tells the woman at the well, 'Whoever drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst.'" *John 4:1-42*

Questions

1. "He left Judea and departed again to Africa. **JOHN 4:3 TRUE OR FALSE**
2. "But He needed to go through Samaria. So he came to a city of Samaria which is called Sychar, near the plot of ground that Jacob gave to his son Joseph." **JOHN 4:4-5 TRUE OR FALSE**
3. "Now Jacob's (**HOUSE, WELL**) was there..." **JOHN 4:6**
4. "A woman of Samaria came to draw water. Jesus said to her, 'Give Me a (**BUCKET, DRINK**).'" **JOHN 4:7**
5. "Jesus answered and said to her, 'If you knew the \_\_\_\_\_ of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you \_\_\_\_\_.'" **JOHN 4:10**
6. "And many of the (**JEWS, SAMARITANS**) of that city believed in Him because of the word of the woman who testified, 'He told me all that I ever did.'" **JOHN 4:39**
7. Solve the following puzzle to help Jesus get to the Samaritan woman?

**ENTER IN** ↗



Memorization – Psalm 50

"...Purge me with hyssop and I shall be clean. Wash me and I shall be whiter than snow. Make me hear joy and gladness that the bones You have broken may rejoice. Hide Your face from my sins and blot out all my iniquities. Create in me a clean heart, O God and renew a right spirit within me."

Memorization - Psalm 1 from Prime Prayer

Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the LORD, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.

The ungodly are not so, but are like the chaff which the wind drives away. Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. For the LORD know the way of the righteous, but the way of the ungodly shall perish. *ALLELUIA.*

Hymn - Tamgeed for Pope Kyrillos

1. In the stars of Paradise, the servant of the Lord Jesus, light of the Parameos' monastery, Our father abba Kyrillos
2. The Lord Jesus chose him, at the hands of Hegumen Tadros, So he become servant of the souls, Our father abba Kyrillos
3. Emmanuel chose him, so he immediately resigned, to become servant of the Gospel, Our father abba Kyrillos
4. He preferred a solitary life, and a life of ministry, increasing his ascetism and piety, Our father abba Kyrillos
5. Ordained by Bishop Demitrious, as a Priest among Priests, by the guidance of the Holy God, Our father abba Kyrillos



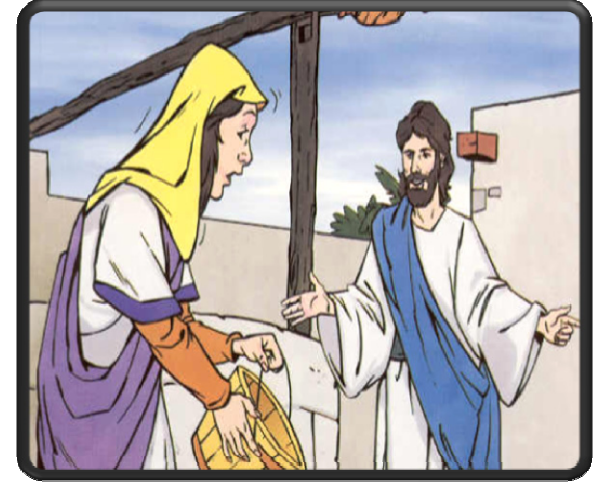
**Activity**



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

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

The gospel reading of the fourth Sunday of Holy Lent (**John 4:1-42**) recounts the joyful story of the rejected and disdained ones after they encounter the Lord of lords and Holy of holies. It is the story of how the Samaritan woman and the Samaritans met Christ, the Savior of the world (John 4:10-42). God sought the Samaritans, who were rejected by the Jews, and led them to know Him. He changed their levies of sin, isolation, and inferiority to joy, and they preached how God worked through them. These are the joyous words of the Samaritan woman and the Samaritans, “The woman the left her water pot, went her way into the city, and said to the men, ‘Come see a Man, who told me all things that I ever did. Could this be the Christ?’ Then they went out of the city and came to Him” (John 4:28-29). “So when the Samaritans had come to Him, they urged Him to stay with them; and He stayed there two days. And many more believed because of His own word. 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).



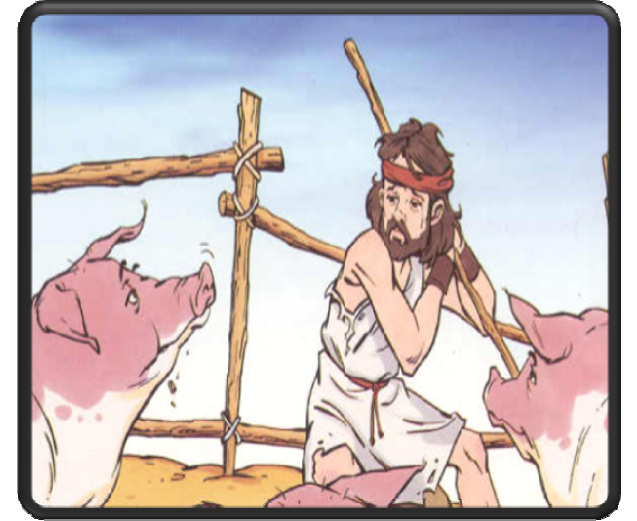
Every soul that feels rejected by society, the family, or the church looks up with hope to Christ, the Savior of the entire world, without exception. He will lead her to knowing Him and will restore her to the sheepfold. A life of distance and isolation begets hardness and pride as it did to the Samaritan woman, who refused to give Christ water to drink and told Him, “How is it that You, being a Jew, ask a drink from me, a Samaritan woman? For Jews have no dealings with Samaritans” (John 4:9). The Samaritans also refused Christ, because “His face was set for the journey to Jerusalem” (Luke 9:53). But the encounter with the Lord, the Savior of the world, melts the stony hearts and changes them to hearts full of love. Thus, during Holy Lent, the Church teaches us that there is joy in changing the stony hearts into compassionate hearts and the wolves into lambs. Every meek soul living in the midst of the snatching wolves rejoices that Christ the Savior of the worlds is able to change the wolves into lambs, as He did with the Samaritans.



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

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

The gospel reading in the third Sunday of Lent (**Luke 15:11-32**) helps us experience the joy in heaven when one sinner repents. Even if we wander away from our Heavenly Father, and even if we journey to a far country, waste our possession with prodigal living, and become in need to eat the pods that swine eat, 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... But the father said to his servants, ‘Bring out the best robe and put it on him, and put a ring on his and hand sandals on his feet. And bring the fatted calf and kill her, and let us eat and be merry; for this my son was dead and is alive again; he was lost and is found.’” (Luke 15:20-24).



This is a message of hope to every soul that suffers from the sorrow and wretchedness of a sinful life. The Prodigal Son was sorrowful over his sin, but his sorrow was godly sorrow. Therefore, it caused him to repent, leading to salvation, not to be regretted. It is the sorrow, which the Holy Spirit talks about through St. Paul's writings, “Now I rejoice, not that you were mad sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing. For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death” (2 Corinthians 7:9-10).

During Great Lent, we sorrow for repentance; it is a sorrow, which produces repentance without regret, for it leads to salvation. It is a joyful sorrow, one in which we experience the joy of salvation (Psalms 51:12). This sorrow for repentance leads to joy on earth, as well as in heaven, where “there is more joy in heaven over one sinner who repents than over ninety-nine just persons who need no repentance” (Luke 15:7).

