

MELODY FOR THE FIRST SUNDAY OF THE HOLY GREAT FAST

Old Refrain:

*Blessed are those who have mercy
Who give to the poor and fast and pray
The Holy Spirit will fill their hearts
The Son will show them mercy on
Judgment Day*

New Refrain:

*Blessed are those who have mercy
From God they shall obtain mercy
On Judgment Day Christ will set them
apart*

May His Holy Spirit fill all their heart

1. Fasting is steadfastness to the soul
He who fasts shall not fall
He will saved from all attacks
The heavenly kingdom, he will not lack
2. Seek the kingdom with righteousness
Think not of your garments and fullness
All these will be to you granted
From God many gifts are handed
3. Accord mercy unto all
Do not expect an earthly reward
It is said, do not worry about tomorrow
Your gains are secure and shall grow
4. Meditate on the nursing ravens
Creatures without power or opinions
The Father cares for them, like all
animals
*You exceed all creation, O prized
humans*
5. Firmly stand in pleading
For mercy, in simplicity, asking

As one asking his neighbor in time of need

To lend him three loaves indeed

6. Love your enemies, with affection
Care for those who cause you affliction
Pray for those who abandon you
Forgive your brother seven times his due
7. Mind the trial on Judgment Day
Give alms and grace will come your way
For on the merciful descends mercy
Blessed is he who gives abundantly
8. Continue for in the final hour
Will rejoice the obedient with power
But the negligent and lazy
Will fear for his hour will not be easy
9. In that day there is great aid
For mercy lessens judgment's fate
It helps the people of the earth
To the highest, it raises them forth
10. My Lord said, "Seek, you shall find"
Ask and you shall be given of all kind
Knock, it shall be opened unto you
Struggle with mercy those who oppose you
11. Deepen your mercy with forgiveness
Pray night and day with humbleness
Like the tax collector beat your chest
In the liturgies stand meekly to be blessed
12. Praise the Lord and exalt Him
Above all and glorify Him
Raise your hands towards heavens
"Our Father who art in heaven!"
13. Be a help to those in time of need
The true currency of the heavenly
So that we may rejoice with the meek
Along with the heavenly sing and speak

14. Fast a spiritual fast
From all iniquity, in purity surpassed
Do not approach any uncleanness
Nor care for the earthy things
15. Man's humility brings forth strength
He who loses his life, it he gains
A seed must die and be buried
So that much fruit will be its yield
16. Ask Him that He may hear you
Blessed is My Father, come all of you
Come to see the awaited Kingdom
From the institution of all creation
17. Your earthly treasures are easily
destroyed
by moth and rust they are made void
Gather for yourself the heavenly
treasures
And make haste for the true riches
18. Pray and plead to your Father in secret
He will grant you great wages without
regret
He will count this for your righteousness
With which you will enter into His riches
19. Abound in tears, your heart soft as flesh
Your covenant with God refresh
Beware of vainglory's evils
And submitting to the passions
20. The world's glory is like a flower
Which withers and fades like thunder
Your charity offerings remain eternal
Remembered by Him in heaven
21. It is said, that secret alms
Is the greatest of all things
So do not offer with worldly love
Offer prayers to God above
22. Fasting to the soul is precious
The Lord's way full of holiness

He who disobeys is Satan's slave

His attacks he shall not waive

23. Partake of the Lord's righteousness

Do not neglect His greatness

As the Fathers fasted to be protected

To the highest degrees they were elevated

24. Moses through fasting saw the light

On the mount he saw the God of might

God gave him the Two Tablets written

The Ten Commandments he was given

25. Nineveh, when it went astray

By the word of Jonah, it awoke to pray

And in three days' fasting it stayed

The repentance accepted after dismay

26. Elijah was a prophet far away

On the mountain, he did fast and pray

The Lord took him alive without delay

Into heaven in a fiery sleigh

27. To show us the power of fasting always

Our Lord fasted for forty days

We become to Him a nation everlasting

Acquiring all our needs through fasting

28. Fasting cannot be without prayer

In humility, in worship, they are a pair

That our request before Him endure

By alms our fasting is pure

29. My heart is grieved, I the sinner

My sins and trespasses I remember

Pray for me my fathers, I am wicked

I am drowning in my ailment

30. My peace from me to you

I the sinner calling to you

Setting myself before your eyes

Do not forget me in your prayers