

**MELODY FOR THE
FIFTH SUNDAY OF THE
HOLY GREAT FAST**

BY ANBA JOHN THE BISHOP

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*

Fasting is a constant shining light
The angels are delighted by a fasting one
Arise from your slumber in the night
And start by saying **Ⲛⲉⲛ Ⲫⲣⲁⲛ**¹

By fasting, God's wrath was removed
From the people of Nineveh when
All had fasted, even the children
And repented from their sins

They repented and fasted for three days
Even the cattle from their hay
Even nursing babes were weaned
By the preaching of Jonah on that day

How pure & noble is the fasting mystery
How comforting to the weary heart
With fasting we can easily conquer sleep
We can also defeat Satan's darts.

With fasting Moses conquered his foes
And saved his people from Pharaoh's woes
And the Lord gave him 10 commandments
That right and wrong the people may know

¹ *khen efran* = "In the Name..." [the Lord's prayer]

He talked with God without reserve
And to hear His sweet voice he did deserve
And Moses' name was resounded
By hymns and praises he is observed

Purify your hearts all you who hear
By fasting, having mercy on the poor
Visiting your brothers who're imprisoned
Treasures in heaven, you shall store

The Holy Spirit will abide in you
If you love those who persecute you
And you become alters to our God
When you partake of the Eucharist in truth

He who does good will be rewarded much
The harvest is plenty in our days
Spend your money on the orphaned
And you will be rewarded at judgment day.

Seek ye first the kingdom of God
For He will take care of all your needs
Pray and read with understanding
With discipline fulfill the biblical deeds

Gird your waists and stand and pray
And from the plagues you will be saved
And fear facing The Lord's wrath
In all holy matters behaved

And fast a spiritual fasting
As David the prophet said
Do not extend your laziness
Or in hell fire you shall be laid

Be kind to strangers and have mercy
You'll get mercy on judgment day
And give your alms at every chance
When you face the judge you will be spared

Blessed is he who made his fast pure
Who is found praying during the night
For he becomes like the shining lamp
To every one he shall give light.

Our flesh over comes when we don't fast
When we oversleep and are gluttonous
Let us fast and pray every day
This will teach the flesh obedience.

Haste and fast before it's too late
For you don't know what's coming on the night
Leave all the false pleasures and you'll see
You'll win the mercy of The Kind One.

We're only sojourners in this land
Work on your destination oh my friend
Forsake this wicked place instead
And set your eyes on the Heavenly end

Where are the ancient men?
Like a shadow they are gone
Those who are prodigal are tired
Comforted are the righteous ones

Bring your offerings to the Lord
Ignore the world and all its lures
The world passes with its desires
Who does the will of God shall endure

The cup of death is unavoidable
To the weak and strong it is given
He who pursued his salvation
Shall inherit the Kingdom of Heaven

The cloths are not the splendor of flesh
The flesh shall not endure for years
The true beauty of the body and soul
Is prayer and fasting with tears

Deep darkness covers those fast
Without forgiving their brethren
In Hell fire they will be cast
Becoming for Satan servants

Fasting while in disagreement with others
Keeps one out of the church's union
It gives place for sins and revenge
And forbids one from Communion

Be alert and stay awake
Do not be negligent about good deeds
Your own salvation do not neglect
Do not forget God's judgment seat

Prepare yourself by fasting
And your table by almsgiving
Feed the poor and the hungry
Your supplications God will be granting

If you do hold a feast
Do not invite those who can reward
But rather the poor and destitute
They are the brethren of the Lord

Do not neglect your good deeds
They will help on judgment day
To remove God's punishment
And keep evil Satan away

O you who suffered for our sake
And fasted for us these forty days
Keep us from evil thoughts
And strengthen us in the Faith

Our Father Pope (...)
Our Bishop Anba (...) by his side
Keep them O Lord for many years
Be their strength and their guide