

MELODY FOR THE LAST FRIDAY OF THE HOLY GREAT FAST

This great fast O Christian people
Fasting never meant starvation

Fast it with purity and meekness
Fasting is humility and repentance

Fasting is obedience to God
Which are in the Torah commanded

Fasting is following the commandments
Written on two holy tablets

The first is love the Lord your God
And love your neighbor as yourself

From all your heart and thought
As, in the Bible, we have been taught

The second is do not make idols
The Lord destroys the idolaters

And never worship other gods
Because He is a jealous God

The third is never use God's name in vain
Swearing is not proper

Lest you be greatly condemned
Let us avoid such habits

The fourth is remember the Lord's Day
For He rested on that day

Consecrate time to learn His way
With praises observe it and pray

The fifth is obey your father and mother
That God may prosper your life

For they cared for you
Through their prayers for you

The sixth is you shall not kill
Love even all of your enemies

Any person, loved or reviled
Killing is a great sin that is despised,

The seventh is never commit adultery
Avoid the anger of God

Do not torture the body
So that He may show you mercy

The eighth is never steal anything
So you will be counted righteous

Be content with God's blessings
And do not delay your offerings

The ninth is never bear false witness
Always speak the whole truth

Because lying is evil and shameful
And do not be afraid of anyone

The tenth is never envy your neighbors
He who asks of God forgiveness

Do not covet anything at all
Is not greedy to obtain the perishable

All these commandments are His law
He who grants all of His people

He asks us to live by them
To inherit the kingdom of heaven

God saved Noah from the flood
By making the great ark

Through his fasting and prayers
With it He renewed the creatures

Abraham offered his only son
The Mighty One accepted his offering

Through fasting and prayers
And made him the father of all generations

Through fasting and prayers
And took him out of Sodom

To righteous Lot came two angels
To save him from the burning tribulation

Through fasting and prayer
God strengthened him all his life

Joseph escaped the sinful mistress' hand
And he became the governor of the land

Moses saw God's great light
God gave him the Commandments

Through fasting and prayer
Written on two stones by fire

Through fasting and prayer
His parents joyfully devoted him

Samuel anointed the kings of Israel
To the house of the Lord of powers

Through fasting and prayer
When sin filled the whole earth

Elijah stopped the rain of heaven
Then God took him alive to heaven

Through fasting and prayer
They survived without any harm

The three youth overcame the fire
For they did not worship the idol

Through fasting and prayer

The lions kneeled to Daniel willingly

God listened while he was in the den	And granted him grace and security
Through fasting and prayers at all times And put out the flames of sin	The holy men gained prosperity While waiting for the heavenly
After thirty whole years He was baptized by St. John	From the birth of the Lord of might Then fasted forty days and nights
Satan was confused by His condition God knowing his thoughts appeared hungry	Seeing Him in signs of weakness Though He is the Lord of powers
Satan came to tempt His king And said, "if you are the Son of God	As he with Adam did Tell the stones to become bread"
Jesus our Lord answered But by every word of God	"Not by bread alone man lives Shall man live without sins"
Jesus went out to the wilderness That those who accepted baptism	To fast and teach all humans Can benefit from fasting and prayers
David the great king And a great and powerful king	Became a prophet by his righteousness Remembered throughout generations
The prophets bore the tortures Through fasting and prayer they raised the dead	From the pagans and unbelievers And directed people to the Redeemer
He forgave Adam and Eve Through fasting and good deeds	And all of their generations He accepted the Ninevite nation
Our Lord glorified those who fast And cast away their enemies	Whose righteousness is from above With His might and His love
Our path to the Kingdom is through fasting Let us fast and forgive our enemies	As He commanded us to live That He may forgive us our sins

Let us fast and pray with fear
That we may reap all its fruits

We wasted our lives in the world
Indulging in prodigal living

Obedience to the Lord is necessary
“Cling to God and resist Satan

Our Lord appeared in His humanity
To grant the world freedom

He taught us fasting with prayer
He showed us great miracles

He forgave the sinful women
He gave her the ever-lasting water

The Jews would not believe
So they questioned his parents who said

“Do you believe in the Son of God?”
He said, “Who is He my Lord?”

Our Savior completed His plan
They are our debts to Him

Listen to the words of our Savior
“Come to Me heavy laden, come

Those who desire to return
Confess to their father of confession

Like the tax collector with obedience
Let us ask Him for forgiveness

With dancing, gluttony, and drinking
The day of our departure, forgetting

As St. Paul teaches us saying
He will run away from you fleeing”

One Person of the Trinity
From the devil He hid His divinity

And “Our Father who art in heaven”
Signs of healing we were given

He changed the heart of the Samaritan
She accepted all that He was offering

That He opened the eyes of the born-blind
“When we bore him he was blind”

He asked the blind man whom He healed
“I am He, your rock and shield”

And bore all our sufferings and pain
With good deeds, forgiveness we gain

In the Bible, He has a request
And I shall give you rest”

They must repent to Christ
And all the sins shall be erased

Let us offer supplication and prayers
And have mercy and help those in need

To God who is in the heaven
According to what we have been given

O come all before the darkness
For it is the lamp of grace

To buy the oil of service
Illuminating in the time of darkness

We ask our Savior Jesus Christ
That He would hear our prayers

With great respect worshipping
And grant us the kingdom of heaven

We worship Him and praise Him
Let us follow His commandments

He hears his servants who are praying
We shall receive goodness with blessings

Lord, help us follow your commandments
And in your kingdom gather us

Have mercy on us all together
In prosperity and happiness forever

And protect Your church in every place
Protect the congregations in peace

Keep its gates open at all times
From every plagues and evil mind