



Holy Great Fast

Written by: Mina Ekladios
St Mary: Pompano Beach, FL

Fasting is, in itself, not as much of a deprivation of food as some think, but more of a spiritual control over one's mind and body. Your body is satisfied by food and nourishment, but in a fast, your spirit should be satisfied by the non-worldly desires and therefore turn your attention to eternal life and the heavenly nourishment from our Lord Jesus Christ.

The Great Fast is the longest and most significant fast of the year. Its length is a total of 55 days broken down to the Preparation Week, the 40 days our Lord Jesus Christ fasted, and Holy Week. The Great Fast has many significant events that are told in the Holy Gospel every Sunday.

The second Sunday of the Great Fast is the temptation of our Lord Jesus Christ in the wilderness. After He had fasted for forty days and forty nights, Satan came to Him and tempted Him three times. First, Satan tried to tempt the Lord Jesus Christ with worldly food. Because our Lord shared our body in everything except sin, he finally became hungry. Our Lord taught us that we should not be tempted nor tempt others with worldly food especially in a fast. We should desire the heavenly rewards.



Next, Satan tempted

Near the town of Bethsaida, the Lord Jesus Christ puts saliva on the eyes of a blind man.

our Lord to jump down from the top of the Temple to see if the Lord Jesus Christ would do such a devilish thing like suicide. Our Lord Jesus Christ replied saying, "It is written again, Thou shalt not tempt the Lord thy God." (Matthew 4:7)

The third temptation was to see if our Lord would forsake his Father for Satan and the world. Our Lord Jesus Christ then replied saying, "Get thee hence, Satan: for it is written, thou shalt worship the lord thy God, and him only shalt thou serve." (Matthew 4:10) With that, Satan left. Our Lord himself taught us to use the Holy Bible in our struggle with temptation.

The third Sunday of the Great Fast is about the Prodigal Son. This parable shows us a lot of symbolism in a few different ways. The father of the two sons represents God; the older son represents a Pharisee,

and the younger son represents a sinner who has repented. We too, if we have committed any sin, should realize our sin, repent before God, confess to our father of confession, receive absolution, and enter the great feast that was celebrated for the son's return which is the Holy Eucharist for us.

The sixth Sunday of the Great Fast is Baptism Sunday. The



Baptism Sunday talks about a miracle performed by our Lord Jesus Christ. Our Lord spat on the ground and made clay and placed it on the blind man's eyes and told him to go to the pool of Siloam (Sent) and wash his eyes there. The man, born blind, went and washed his eyes and returned seeing. When he returned, people who knew him, neighbors, and Pharisees asked him how he received his sight. He said that a man named the Lord Jesus Christ healed him.

This troubled the Pharisees because it was the Sabbath when our Lord had performed this miracle. Our Lord later met with the man and the man asked

him, who is the Lord? Our Lord Jesus Christ said, "Thou hast both seen him, and it is he that talketh with thee." (John 9:37) The man then knelt and worshipped him. Like this man, we must speak the truth when someone asks us a question. We must not deny our Lord's miracles just like the thousands of martyrs that died in the name of the Lord Jesus Christ. We should also remember that we must first be baptized so that we can see clearly through the Holy Spirit within us. May the Lord accept our fast, bless us, and guide us to His kingdom. Glory be to God forever. Amen.

Holy Bible Earthquake Quiz

1. *Who, in company with the Israelites, meet with God and the "whole mount quaked greatly"?*
(Exodus 19:17-18)
2. *During whose attack on a garrison, "the earth quaked: so it was a very great trembling"?*
(1 Samuel 14:14-15)
3. *Which prophet experienced an earthquake while he was standing on a mountain top?*
(Elijah - 1 Kings 19:11)
4. *Who had a vision of an earthquake that leveled a tenth part of a city, killing seven thousand?*
(Revelation 11:13)
5. *Who, at his death cried and then the vail of the temple was rent "in twain from top to the bottom; and the earth did quake, and the rocks rent?"*
(Matthew 27:50-51)
6. *Which two men, while prisoners, felt a great earthquake shake the prison foundations and had their cell door open?*
(Acts 16:25-26)
7. *Which three men, who rebelled against Moses, were punished by having the earth "clave assunder" and the "earth opened her mouth and swallowed them up"?*
(Numbers 16:1, 3, 31-32)
8. *Name the two women who were looking at a sepulchre when an earthquake occurred, and an Angel descended from Heaven and rolled back the stone from the door.*
(Matthew 28:1-2)
9. *Who, when God delivered him from his enemies, composed a song that described an earthquake; "That the earth shook and trembled; the foundations of heaven moved and shook"?*
(2 Samuel 22:1, 8)
10. *In the days of which king did people flee from an earthquake?*
(Zachariah - 14:5)