



## DOXOLOGY FOR LENT

*(May be chanted during Midnight Praises and Communion)*

Fasting and prayer, with purity and chastity : and steadfast love, pleases Christ : Fasting and prayer, with crying tears : and unfeigned love, pleases the Sinless One.

Fasting and prayer, with a humble heart : and a broken spirit, pleases the Pure One : Fasting and prayer, saved the three holy young men, Sedrak Misak and Abednago, from the furnace.

Fasting and prayer, are the weapons of victory : in which the Christians abide : Through fasting and prayer, Abraham was able : to host God, and His Holy Angels.

Through fasting and prayer, Isaac was offered : as a pure sacrifice, a symbol of Christ : Through fasting and prayer, Jacob was saved: from his brother Esau, and received his father's blessing.

Through fasting and prayer, the Lord had compassion : upon His righteous servant Job, and healed him : Through fasting and prayer, Joseph was exalted : and ruled over Egypt, and was saved from the adulteress.

Through fasting and prayer, God lifted His anger : from the people of Nineveh, and saved them from their sins : Through fasting and prayer, the prophets and righteous men : prophesied about Him, by many means.

Through fasting and prayer, the Holy Apostles : were sent to preach, to all the world : Through fasting and prayer, God revealed great mysteries : to the righteous, and the Cross-bearers.

Through fasting and prayer, the struggling martyrs : received the unfading crowns, of martyrdom : Daniel fasted, and the lions' mouths were shut : they touched not his body, through fasting and prayer.

Our Savior fasted, forty days and forty nights : to teach us the way, of salvation : Let us fast and pray, with purity and chastity : truth and love, crying and saying.

Our Father Who Art in Heaven, who knows my thoughts, remember me according to Your mercy, in the Heavenly Kingdom.

Our Father Who Art in Heaven, hallowed be Thy Name, Thy Kingdom come (Thy will be done), for Thine is the glory and the honor.



## DOXOLOGY FOR LENT

Our Father Who Art in Heaven, who carries the sins of the world, lead us not into temptation, but deliver us from the evil one.

Our Father Who Art in Heaven, let us hear the voice of joy, O You who carries the sins O Blessed One, together with Your Good Father.

Our Father Who Art in Heaven, have mercy upon us according, to Your great mercy and grant us, the spirit of the prophets.

Our Father Who Art in Heaven, we praise You O Good One, crying and saying, Holy God.

Our Father Who Art in Heaven, forgive us, our sinful thoughts, through Your Philanthropy (Love to Mankind).

Yes Our Master hear us, and be with us, we the undeserving, to entreat Your Name.

Yes Our compassionate Master, the treasurer of mercy, forsake us not in (our) ignorance, and evil fruitless thoughts.

Yes Our Master receive us to You, and grant us the Christian perfection, which is pleasing to you, and an inheritance with all Your saints.

Yes Our Master receive us to You, and grant joy to our souls, through the remembrance of Your Name, O Our Lord Jesus Christ.

Yes Our Master receive us to You, for truly You are worthy, glory and honor, with Your Good Father.

Yes Our Majestic Master, we praise You with hymns, we worship You in the churches, from now and until the end.

Then our mouth will not tire, and our tongue will not cease, as we proclaim the glory of fasting and prayer.

Lord have mercy Lord have mercy, we are Your creation, save us and have mercy on us, O Heavenly King.

Lord have mercy Lord have mercy, render us in the upright faith, make us also worthy, to partake of Your Mysteries.

Lord have mercy Lord have mercy, take not away Your mercy, nor Your Spirit the Paraclete (Comforter), but be patient with us.

We worship our Savior, the Good Lover of Mankind, for he had compassion upon us, and came and saved us.



## Hymn of the Fraction of Lent

*(Refrain)*

***Blessed are those who have mercy  
The Holy Spirit will fill their hearts***

***Who give to the poor and fast and pray  
The Son will show them mercy on Judgment Day.***

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The Holy Spirit will fill their hearts

Who give to the poor and fast and pray  
The Son will show them mercy on Judgment Day.

Moses fasted for forty days  
To receive from God the two tablets

To be purified in body and spirit  
With the ten commandments on them written

When Moses saw the Almighty God  
The people of Israel covered their eyes

His glory filled Moses with grace.  
They could not look at his radiant face.

Fasting and prayer of the prophet Daniel  
The Lord kept shut the lions' mouths

Saved his life in the lions' den  
For God protects His holy men.

***Blessed are those who have mercy***

Elijah fasted and prayed that the sky  
That the Israelites who went astray

For three and half years would not rain  
Would feel hunger, agony and pain.

As they repented he asked the Lord  
The Lord opened the gates of heaven

To bring the rain with His mighty hand.  
Rain and rejoicing filled the land.

Fasting and prayers of Ninevah  
When they repented God forgave

As they appealed to God above  
Their sins and filled them with His love.

***Blessed are those who have mercy***

Fasting and prayers of the disciples  
Baptizing and preaching the Holy Gospel

Spread God's Word to every nation  
Healing and bringing salvation.

Fasting and prayers of the martyrs  
Knowing that, even losing their lives

Gave them the power to stand the pain  
Is nothing compared to their heavenly gain.

Fasting and prayers of the righteous  
In the caves and deserts and mountains

And cross bearers kept them living  
Because of their love for Christ the King.

***Blessed are those who have mercy***