Grant compunction, estrangement from evil, and perfect discipline to me, who am now drowned in the passions of the flesh and separated from You, in utter lack of hope, my God, the King of all! Save me, Your prodigal son, by the bounty of Your
goodness, // O Jesus, the Almighty, the Savior

of our souls!

When Moses the wonder-worker was purified by fasting,

he beheld the Beloved One. Therefore, emulate him, my humble soul!

Hasten to be purified of evils on the day of abstinence, that the
Lord may bestow forgiveness on you, and that you may behold Him, for He is the Almighty, the good Lord, and the Lover of mankind!

Let us begin the second week of the fast, O brothers, fulfilling it with rejoicing, day by day, making a fiery chariot for ourselves,
like Elijah the Tish---bite, out of the great cardinal virtues,

elevating our minds by subduing our passions, arming ourselves

with purity,// to chase away and vanquish the

En e my!