I have committed countless sins against You,
deserving punishments beyond number: inconsolable
weeping and gnashing of teeth, the fire of hell, the darkness of Gehenna. Therefore, O righteous

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Judge, give me the grace of tears, that I may find forgiveness of sins and delivery from my iniquities, and that, while I fast, I may cry to You: "Have compassion on me, O Christ and Lord, according to Your great and rich mercy!"

Though I am lost in the hills of evil iniquities,
seek me, O Word, as I call out to You, having wandered far from You in the multitude of my evil passions!

Re- vive me in this death, and pu- ri- fy me with fasting and con- stant weep- ing, that I may cry out to You:

“O Christ Lord, have com- pas- sion on me // ac- cord- ing to Your
Having begun the third week of the fast, O believers, let us praise the venerable Trinity, passing the remaining time with gladness and joy, starving the passions of the flesh! Let us glean divine flowers from our souls, great and rich mercy!
weaving them into crowns for the day that is lord of days,

that wearing our crowns, we may praise the triumphant Christ!