Let us humble the flesh by abstinence, as we follow the divine path of pure fasting! With prayers and tears let us seek the Lord, Who saves us! Let us put an end to anger, crying out: “Save us for we have sinned against You! Save us, O Christ
our King, as You saved the men of Nineveh, and make us partakers of Your heavenly Kingdom, O compassionate One!

When I think of my deeds, O Lord, I am filled with despair, and know that I am worthy of every torment. I have despised Your commandments, O Savior. I have spent my life as a...
prod-i-gal. I pray to You, only merciful One: “Cleanse me by repentance, enlighten me through prayers and fasting, // and despise me not, most gracious Benefactor of all!”

Let us begin the fast with joy! Let us prepare ourselves for spiritual efforts! Let us cleanse our soul and cleanse our flesh!
Let us abstain from every passion as we abstain from food! Let us rejoice in virtues of the Spirit and fulfill them in love, that we all may see the Passion of Christ our God, and rejoice in spirit at the holy Pascha!