

SCRIPTURE READINGS FOR THE FOURTH WEEK OF THE GREAT & HOLY FAST

Monday

Morning

Leviticus 16: 1 – 17

Amos 6: 1 – 9

Acts of the Holy Apostles 14: 19 – 15: 3

II Corinthians 11: 1 – 15

St. Mark 12: 35 – 44

Tuesday

Feast of the Annunciation & Dukbrono of Marthoma IV

Evening

St. Luke 8: 16 – 21

Morning

St. Mark 3: 31 – 35

Holy Qurbana

Deuteronomy 26: 16 – 27

Judges 13: 2 – 14

Zechariah 2: 10 – 13, 4: 1- 7, 8: 3

Isaiah 63: 15 – 64: 5

1 John 3: 2 – 17

Hebrews 6: 13 – 7: 10

St. Luke 1: 26 – 38

Wednesday

Feast of Mid-Lent & King Agbar

Evening

St. Matthew 17: 22 – 27

Morning

St. John 3: 13 – 21

Holy Qurbana

Numbers 21: 4 – 9

Psalms 34: 1 – 9

Zechariah 12: 6 – 14

Acts of the Holy Apostles 15: 22 – 33

II Corinthians 9: 1 – 15

St. John 3: 13 – 21

Thursday

Evening

St. Luke 15: 11 – 32

Morning

Deuteronomy 5: 6 – 22

Psalms 41: 1 – 3

Proverbs 22: 1 – 12

Acts of the Holy Apostles 15: 35 – 40

II Corinthians 1: 13 – 22

St. Matthew 19: 16 – 26

Friday

Evening

St. Luke 16: 19 – 31

Morning

Leviticus 19: 9 – 18

Daniel 9: 1 – 11

Acts of the Holy Apostles 16: 1 – 7

II Corinthians 12: 19 – 13: 13

St. Luke 17: 1 – 10

Saturday

Holy Qurbana

Genesis 18: 1 – 15

II Samuel 9: 1 – 8

Acts 16: 8 – 15

I Corinthians 9: 14 – 27

St. Luke 9: 10 – 17

From the Writings of St. John Chrysostom
“ON THE FIVE WAYS TO REPENTANCE”

Let me describe to you five ways of repentance; each is different, but all point toward heaven.

(1) Acknowledgement of Sins

The first road is the acknowledgment of sins. If you acknowledge your sins to God, He will forgive you; and this act of acknowledgment will help you stop sinning. Let your conscience be your accuser, so that you will not have to face a far different accuser at the Lord’s tribunal.

(2) Forgetting the Wrongs of Others

The second road of repentance is the forgetting of the wrongs of others. This requires you to control your temper and to forgive the sins that others have committed against you. If you forgive others, the Lord will forgive you.

(3) Prayer

The third road is prayer: not perfunctory routine prayer, but fervent, passionate prayer in which you lay yourself wholly before God.

(4) Generosity

The fourth road is generosity, in which by acts of thoughtful love you make amends for the sins you have committed.

(5) Humility

And the fifth road is humility, whereby you regard yourself as having no virtue, but only sins to offer to God; He will then take the burden of sin from your back.

At times it will be right to travel on one of these roads, at other times to travel on another. But ensure that every day you walk along at least one of them.