

NOTES FROM: THE MEANING OF GREAT LENT
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THE LENTEN TRIODION

- + The primary aim of fasting is to make us conscious of our dependence upon God.
- + True fasting is to be converted in heart and will, it is to return to God!
- + Fasting **MUST** be combined with prayer and almsgiving (love, works of compassion, forgiveness).
- + Almsgiving can be giving money, time and especially giving a part of ourselves!
- + Fasting is not just about food and meals. (DO'S AND DON'TS). We need to fast with our mouths, ears, eyes, feet, hands and all members of the body.
- + Our fasting should not be self-willed but obedient. Receiving advice and counsel from the Church, our priests and spiritual mothers and fathers can help guide us to what is best for us.
- + Great Lent is a time of joy-creating sorrow.
- + The purpose of fasting is to cleanse **OUR WILL**.
- + While preparing for Lent it is good to have a sense of eager expectation, intense desire to see **OUR LORD**, a desire for a clearer vision of God.
- + If there is no eager expectation, no sincere desire, we shall see and receive **NOTHING!**
- + Ask yourself, what is my state of mind and will as I prepare to start this journey?
- + Repentance comes from the Greek word *metanoia*, which means change of mind.
- + The Great Fast is a preparation for the Second Coming of Christ, for the eternal Passover in the Age to Come.
- + There can be no true fast, no genuine repentance, no reconciliation with God **UNLESS** we are at the same time reconciled with one another. (**FORGIVENESS**)
- + We do not travel the road of Lent as isolated individuals but as members of a family. Our asceticism and fasting should not separate us from our fellow men but **LINK US** to them with ever stronger bonds.
- + The Church encourages us to pray, read the Holy Scriptures, (see Lectionary/calendar), and attend the many Lenten services to help us along the way.
- + May we come uncondemned to worship at the Holy Resurrection!