While fasting physically, brethren,
let us also fast spiritually. Let us lose every knot of iniquity. Let us tear up every unrighteous bond.

Let us distribute bread to the hungry and welcome in to our homes those who have no roof over their heads so that we may receive great mercy from Christ our God.
Martyrikon
Pl. 4th Mode No

Fame and praise befits the saints! For they bowed their necks beneath the sword for Your sake, who bowed the heavens and came down. They shed blood for You, who emptied Yourself and took the form of a servant. By emulating Your poverty, they too humbled themselves even unto death.

By their prayers have mercy on us, O God, according to the abundance of your great mercies.
First Wednesday of Great Lent

Jesus the spiritually radiant sun has sent you into the world as shining flashes of light.

Ring O Apostles and eyes witnesses of God. By the rays of your divine doctrines the error of darkness was swept away.

Enlightening those who were held in the nocturnal gloom.

Entreat Him to grant us enlightenment and great mercy.
Plagal 1st Mode

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wight spend
the good time of fasting in joyousness and receive the grace of the substantial trinity. Pray for our souls, O great and glorious preachers.