

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

Monday

Morning

Genesis 1: 1 – 12
 Wisdom 7: 7 – 24
 Isaiah 29: 15 – 24
 St. James 1: 2 – 12
 Romans 1: 18 – 25
 St. Mathew 4: 1 – 11

Noon (Service of Reconciliation)

1 John 4: 11 – 20
 1 Corinthians 13: 1 – 13
 St. Mathew 18: 18 – 35

Tuesday

Evening

St. Luke 4: 1 – 13

Morning

Exodus 32: 30 – 35
 Isaiah 30: 1 – 4
 Hosea 14: 1 – 9
 St. James 1: 12 – 27
 Ephesians 4: 32 – 5: 21
 St. Mathew 6: 1 – 6

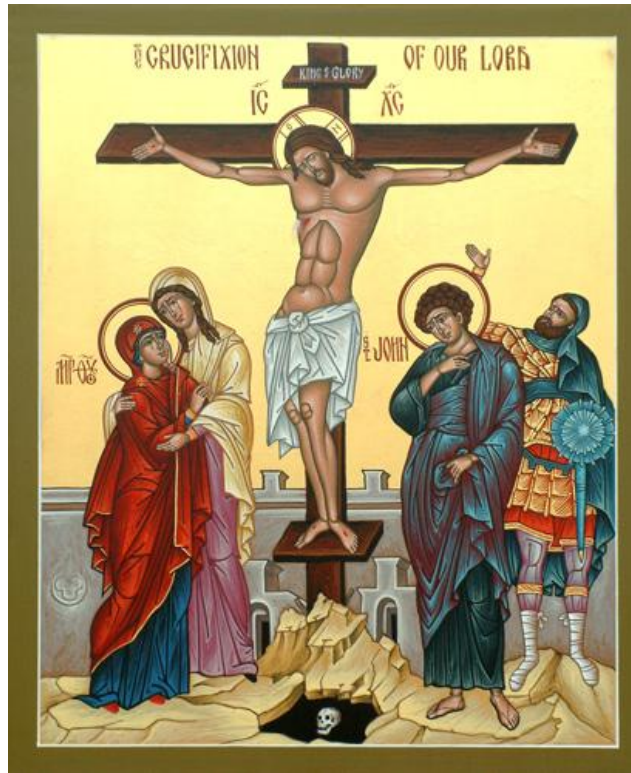
Wednesday

Evening

St. Mathew 6: 19 – 24

Morning

Genesis 1: 14 – 18
 Isaiah 13: 6 – 13
 James 2: 1 – 13
 Romans 2: 7 – 24
 St. Mathew 6: 25 – 34



“Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye, and the ear, and the feet, and the hands, and all the members of our bodies. Let the hands fast, by being free from avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite and devour our brothers?”

- St. John Chrysostom

Thursday

Evening

St. Mathew 7: 1 – 12

Morning

Exodus 22: 5 – 6
 1 Kings 18: 16 – 24
 2 Kings 17: 7 – 23
 Isaiah 36: 1 – 7; 37: 1 – 7
 St. James 2: 14 – 26
 Romans 2: 28 – 3: 6
 St. Mathew 7: 13 – 27

Friday

Evening

St. Mathew 5: 17 – 26

Morning

Deuteronomy 6: 1 – 13
 Ezekiel 18: 21 – 32
 Hosea 4: 1 – 11
 Isaiah 1: 1 – 9
 St. James 3: 13 – 4: 5
 Romans 3: 9 – 26
 St. Mathew 5: 27 – 37

Saturday

Evening

St. Mathew 10: 24 – 39

Morning

St. John 15: 17 – 6: 3

Holy Qurbana

Genesis 2: 4 – 17
 Zachariah 7: 8 – 14
 Isaiah 1: 24 – 31
 Acts of Apostles 12: 1 – 24
 Romans 12: 10 – 21
 St. John 4: 46 – 56