

The Second Tuesday of the Great Fast

Sister Annunciata Shott

"Seek nothing other than to fear Him, to love Him, and to walk in all His ways. This is your boast, and this is your God."

Gregory Palamas

O Lord! Are we to know the secret of everlasting life? What price do we pay when we fail to heed God's word? Will we be banished from God's sight? Eve gave birth to Cain and Abel. Abel gave his best to tending his flock. Lord, help me to give my best. For it is only in giving You my ultimate capabilities that I will be saved from the fate of Cain who held back his best. He was unable to sacrifice himself completely. He held back his heart. And in holding back, he only hurt himself. O Lord, help me to see that only when I give myself completely and unreservedly—total sacrifice of myself—only then will I be filled with Your peace, Your serenity.

Open to me the light of Your wisdom, Lord. It is only when I seek Your light, Lord, only then, that I can truly see. You are my Light and my Life. Breathe life into me, Lord! Help me to keep the Holy Fast. Help me to fast, Lord—not from meat alone, but from my imperfections. Take away from me my glaring defects. Save me from my evil ways. Help me to accept Your spiritual blessings. Help me to be just and loyal for Your sake, O my God! Help me, Lord, to develop harmony within myself and with my brothers and sisters with whom I come in contact. Help me during this holy time of the Great Fast. Only with Your help will I be filled with Your peace and serenity. Allow me, enable me, to reach fulfillment in You and through You.

Lord, I want to serve You, because You are my God. Take away my selfishness and self-interest. Help me to be faithful to Your precepts, for I know that it is only when I follow Your mandates that I will grow in holiness. Only then can I come into Your Kingdom.

Dear God! I offer myself to You. Relieve me of my own will. Take away my defects, and help me to keep Your commandments so that by hearing Your words and keeping Your commands, my being will be like the house built on rock. When the winds and torrents of life come, I will not collapse. With Your strength, dear Lord, I will remain standing. For this, I thank You, O merciful Lord, the Lover of Mankind.

SCRIPTURE READINGS: Isaiah 5:7-16

Genesis 4:8-15

Proverbs 5:1-15