

Ukrainian Orthodox Church of the USA



**Christ IS Risen!**

2018/2019

Office of Youth & Young Adult Ministry

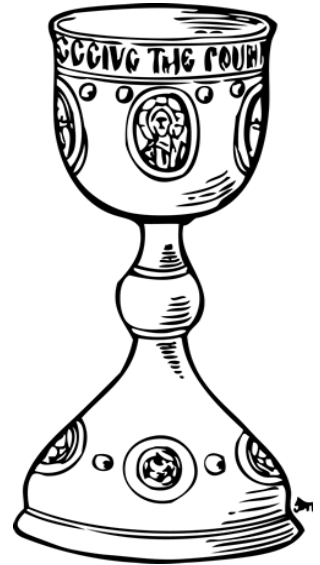
Participant Workbook Ages 8 -12



## Christ IS Risen! Session Four: Great Lent Services Part II

### Special Service- The Liturgy of the Presanctified Gifts

Usually, when we receive Communion, it is as part of the Divine Liturgy. There are some exceptions, like when the priest visits someone in the hospital. Another exception occurs during Great Lent. The leaders of the early church had a conundrum... receiving Communion was something that people did as often as they could. During the first Communion, when Jesus was with His disciples, *"He took bread, gave thanks and broke it, and gave it to them, saying 'This is My body which is given for you; do this in remembrance of Me.'"* People followed His command, receiving Communion in remembrance of Jesus. In many areas, being a Christian was unpopular or worse, illegal. People came together to receive Communion to give them the strength to continue following God. On the other hand, Great Lent was supposed to be solemn and quiet, focusing on correcting our sins and preparing to celebrate the Resurrection. Because each Divine Liturgy is a celebration of the Resurrection, it was decided that Divine Liturgy should not be served on weekdays during Great Lent. The leaders of the Church recognized that receiving Communion often was a good and important thing to do and so the Liturgy of the Presanctified Gifts is celebrated, usually on Wednesdays and Fridays during Great Lent. Communion is served on those days, but was consecrated during the Divine Liturgy on the Sunday before.

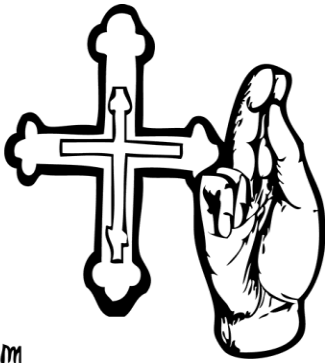


### Special Service- Canon of St. Andrew

Another service that occurs during Great Lent is the Canon of St. Andrew. St. Andrew of Crete was a monk who wrote many hymns for the church. His most well-known canon is sung in four parts during the first week of Great Lent and then again on the Wednesday of the fifth week of Great Lent. The Canon of St. Andrew is also called the Canon of Repentance. Throughout the service St. Andrew lists the many ways in which he has sinned and he asks God over and over again for forgiveness.

### Connecting to our 'Biblical' Roots

Throughout Great Lent, the special services, hymns, and daily readings probably include more information from the Old Testament than any other time of the year. They often reflect the connection between the Old Testament prophecy and Christ's Resurrection. Throughout Great Lent we are reminded that God promised His people that a Messiah was coming to save them. The prophets of the Old Testament shared messages from God, sort of like clues, about how they would know that the Messiah was here. The songs and the readings during Great Lent remind us of these clues so that we understand that Jesus is the Messiah and the importance of His Resurrection that we celebrate on Pascha. Also, in the very early history of the church, Great Lent was a time of teaching and learning for catechumens who were preparing to be baptized during Holy Week. These references to the Old Testament taught people about the beginnings of our Faith.



**Lenten Prayers-** Prayer is another tool that the church gives to us during Great Lent. One specific prayer that we say during the Lenten Period is the Prayer of St. Ephraim. This short prayer sums up our Lenten goals- the first line asks God to take away our temptation for sinful behavior and the second sentence asks Him to replace those temptations with virtues, or good ways of life. The third sentence reminds us to focus on our efforts to improve our behavior and not judge how far anyone else has come. After each sentence, we make a prostration by making the sign of the cross, then bowing to touch our forehead to the floor. Fill in the blanks below using the words from the

prayer of St. Ephraim on the following page. Unscramble the letters in the circles to complete the phrase at the bottom

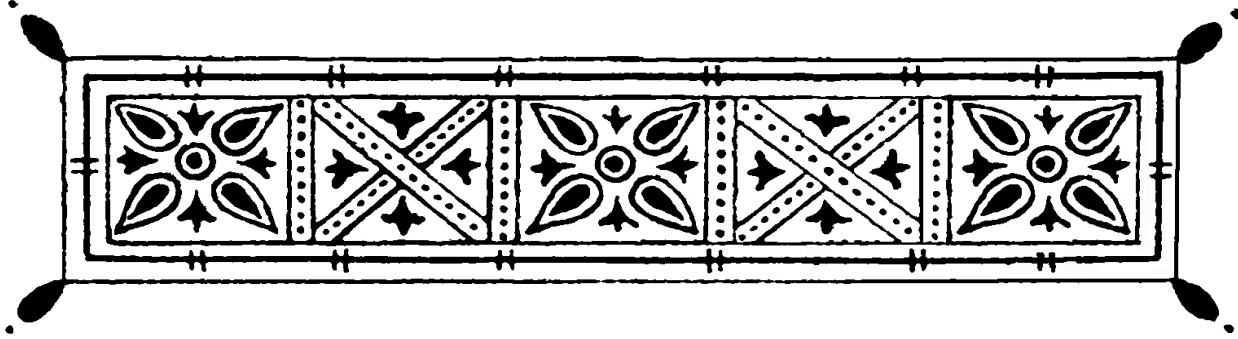
Take from me the spirit of:

- \_\_\_\_\_ ( ) - laziness, lack of commitment, wasting time that could be spent in prayer and helping others
- (D) \_\_\_\_\_ - unable to see good in anything or feeling like there is no hope, which means not believing in God's plan and in His power
- \_\_\_\_\_ ( ) \_\_\_\_\_ - wanting more power to tell others what to do, to get your way, or to harm others instead of using power to bring yourself and others closer to God
- \_\_\_\_\_ ( ) \_\_\_\_\_ ( ) - using your words for harm, gossip, or for things that are not pleasing to God

Give rather the spirit of:

- \_\_\_\_\_ ( ) \_\_\_\_\_ - Pure intention in actions and relationships with others
- ( ) \_\_\_\_\_ - Being humble, recognizing that no one is perfect and not putting yourself and your accomplishments ahead of others'
- \_\_\_\_\_ ( ) \_\_\_\_\_ ( ) - Accepting God's time table, not being quick to judge people or situations, but waiting and acting to bring peace and love into any situation
- \_\_\_\_\_ ( ) ( ) - God is love, treating all people you meet as images of God

Through this prayer, we ask God to take away the temptation to act in ways that will lead to \_\_\_\_\_  
\_\_\_\_\_ of our soul and ask Him to grant us virtues that will help us to live a good life so that we can  
join God in \_\_\_\_\_.





## Prayer of St. Ephraim the Syrian

Lord and Master of my life,  
take from me  
the spirit of sloth, despondency,  
lust of power and idle talk  
Rather, grant to your servant  
the spirit of chastity, humility,  
patience and love.

Yes, Lord and King,  
grant me to see my own sins  
and not to judge my brother,  
for blessed are You,  
unto the ages of ages.

Amen.

