

Living Lent 2

Weekly Reflections by Metropolitan Tikhon

His Beatitude, Metropolitan Tikhon offers a series of reflections on the themes contained in the Triodion hymns sung on Monday of each week during Great Lent.



P.O. Box 675
Syosset, NY 11791-0675
Tel: 516-922-0550
Fax: 516-922-0954
Website: www.oca.org

As we enter the second week of the Fast, we are reminded that we are striving to keep a “spiritual fast.” The phrase, “spiritual fast,” might be interpreted by some as a dispensation from any bodily labors whatsoever. But such an interpretation is more in keeping with the spirit of this age, which places much emphasis on “spirituality” as a mental or psychic activity, divorced from our bodily activities and even our daily lives.

The spiritual fast that we are engaged in is intended to bring Christ into every activity of our lives and this involves effort on our part, effort that is both spiritual, physical and social. We sing of this in the hymns appointed for this week.

“Let us fast from the rage of the passions, let us delight in unfeigned love, let us feed the poor with bread; and nourished by the grace of God, with weeping let us quench the tears of future punishments.” This is an encouragement for us to face the difficulties of daily life, which often increase during the 40 days, with hope and with strength.

And so, with the hymnographers, we offer a prayer: “As we set out upon the second week of the Fast, direct our steps, O Lord; shine upon us with the sanctifying light of Thy commandments, and make us worthy to offer on bended knees a prayer acceptable to Thee; for Thou art our Father and we are Thy sons...” “Grant ... that in the weeks to come, we may run the race with all our power, that with good courage and with joy we may complete the course.”