

## LET US OBSERVE A FAST ACCEPTABLE AND PLEASING TO THE LORD.

True fasting is to *put away evil*, to *control the tongue*, to *forbear from anger*, to *abstain from lust, slander, falsehood, and perjury*.

If we renounce these things, then is our fasting true and acceptable to God.

*From the Triodion*



### FAST FROM MEDIA DURING LENT

#### *What could this look like?*

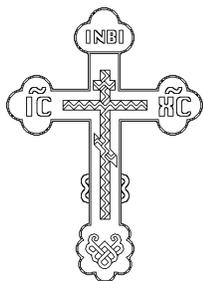
Unplug your TV, your Wii, etc.

Log out of Facebook until Pascha, or only check it on Sunday afternoons - what a beautiful statement that would make to your "friends."

Check your email only as necessary.

Use your phone only as a phone, as a tool rather than a toy!

### ST. EPHREM'S PRAYER



O Lord and Master of my life,  
take from me the spirit of sloth, faintheartedness, lust of power and idle talk.

But give rather the spirit of chastity, humility, patience and love to thy servant.

Yea, O Lord and King,  
grant me to see my own sins, and not to judge my brother,  
for Thou art blessed unto ages of ages.

Amen.

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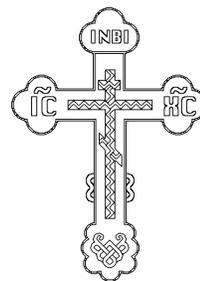
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