

The Apostolic Order of The Ethiopian Orthodox Tewahido Church

**In the name of the Father, the Son and the Holy Spirit one God
Amen.**

“Man shall not live by bread alone” (St John 4v4)

The following instructions must be observed by the faithful.

- The Lord’s Prayer, The Holy Virgin Mary prayer including the daily prayers must be said 7times daily. 6am- 9am-12am - 3pm- 6pm- 9pm 12midnight.
Psalm 119v164
- One must remember our sins, our bad deeds without trying to cover them repent with tears and great sorrow, plead to God for pardon, mercy and compassion.
- A minimum of 24 prostrations must be fulfilled each day that means bowing up and down, saying....” **Lord have mercy upon me O Christ,**” in Ethiopian “**Egzie O Meharene Kristos**”

Daily Readings during the Great Lent Fast -Abyie Tsome

WEEK 1- Zeworeda -The One who came down

SUNDAY

(1) Rom 12 v 1 - 17 (2) 1 Pet 4 v 1 - 8 (3) Acts 18 v 1 - 8 (4) Ps 2 (5) St John 3 v 10 - 21

MONDAY

(1) Heb 7 v 8 -13 (2) 2 Pet 1 v 10 -25 (3) Acts 7 v 44 -50 (4) Ps 34 (5) St Matthew 22 v 34 - 40

TUESDAY

(1) 1 Cor 13 v 1 -7 (2) 1 Pet 4 v 8 -11 (3) Acts 2 v 41 - 47 (4) Ps 33 (5) St John 13 v 33-35

WEDNESDAY

(1) Rom 6 v 19- 23 (2) 1 Pet 5 v 8- 11 (3) Acts 27 v 18- 26 (4) Ps 122 (5) St Matthew 26 v 37 - 45

THURSDAY

(1) Rom 13 v 11-14 (2) 2 John 1 v 1-13 (3) Acts 13 v 1-5 (4) Ps 103 (5) St Matthew 7 v 7- 12

FRIDAY

(1) Heb 4 v 1-6 (2) 3 John 1 v 11- 15 (3) Acts 14 v 24- 28 (4) Ps 112 (5) St Matthew 12 v 38 - 42

SATURDAY

(1) 1 Cor .1 v 17- 25 (2) 1 Pet 4 v 1 -8 (3) Acts 20 v 28 -32 (4) Ps 60 (5) St Matthew 17 v 21 - 26

Week 2 -Kedist – HOLY

SUNDAY

(1) 1 Thess 4 v 1 -7 (2) James 2 v 12-17 (3) Acts 4 v 34 -37 (4) Ps 104 (5) St Matthew 4 v 1 - 11

MONDAY

(1) 1 Cor 1 v 26 -31 (2) James 2 v 8 -13 (3) Acts 20 v 33 -38 (4) Ps 119 (5) St Matthew 5 v 9 -12

TUESDAY

(1) 2 Cor 8 v 1 -10 (2) 1 Pet 3 v 10 -17 (3) Acts 16 v 16 - 19 (4) Ps 92 (5) St Matthew 6 v 5-8

WEDNESDAY

(1) Philemon 1 v 10- 25 (2) 1 John 4 v 7- 13 (3) Acts 10 v 1- 5 (4) PS 2 (5) St Matthew 6 v 9-15

THURSDAY

(1) Heb 12 v 21-29 (2) 1 Pet 5 v 5-8 (3) Acts 7 v 1-6 (4) Ps 122 (5) St Matthew 5 v 33- 36

FRIDAY

(1) Rom 13 v 8-11 (2) 1 John 4 v 18- 21 (3) Acts 6 v 1- 4 (4) Ps 119 (5) St Mark 12 v 29 - 37

SATURDAY

(1) Heb 12 v 1- 7 (2) 1 Pet 2v 20-25 (3) Acts 3 v 12-16 (4) Ps 72 (5) St John 19 v 14-22

Week 3 - Mekurab – Temple

SUNDAY

(1) Col 2 v 16 - 23 (2) James 2 v 18 -24 (3) Acts 5 v 17 - 21 (4) Ps 69 (5) St John 2 v 12 - 21

MONDAY

(1) Rom 5 v 1 -6 (2) James 5 v 10 -13 (3) Acts 21 v 10 -13 (4) Ps 31 (5) St Luke 21 v 12- 15

TUESDAY

(1) Gal 6 v 9 -16 (2) 1 John 2 v 15 -18 (3) Acts 13 v 19 - 22 (4) Ps 119 (5) St Matthew 19 v 16-18

WEDNESDAY

(1) Eph 6 v 1-10 (2) 1 John 2 v 12- 15 (3) Acts 28 v 25- 29 (4) Ps 54 (5) St Matthew 15 v 1 - 5

THURSDAY

(1) Gal 5 v 22-30 (2) James 5 v 13-17 (3) Acts 15 v 25-29 (4) Ps 17 (5) St Matthew 7 v 24-29

FRIDAY

(1) Rom 14 v 4-11 (2) 1 John 2 v 7-12 (3) Acts 13 v 6-12 (4) Ps 79 (5) St Luke 18 v 1 - 8

SATURDAY

(1) Heb 4 v 4- 11 (2) 1 John 2 v 7 -12 (3) Acts 13 v 27 -31 (4) Ps 95 (5) St Mark 3 v 1 - 8

Week 4 – Metsagu – Infirmity

SUNDAY

(1) Gal 6 v 1 - 9 (2) James 3 v 14 -18 (3) Acts 3 v 12 - 16 (4) Ps 41 (5) St Mark 2 v 1 - 12

MONDAY

(1) Rom 7 v 7 -14 (2) James 1 v 26 -27 (3) Acts 7 v 51 -54 (4) Ps 119 (5) St Mark 5 v 17- 22

TUESDAY

(1) Gal 4 v 27 -31 (2) 1 John 3 v 1 -5 (3) Acts 17 v 27 - 41 (4) Ps 119 (5) St Matthew 5 v 44-48

WEDNESDAY

(1) Rom 12 v 1- 4 (2) 1 John 3 v 1- 5 (3) Acts 11 v 4- 10 (4) Ps 34 (5) St Matthew 15 v 1 - 5

THURSDAY

(1) Gal 5 v 22-30 (2) James 5 v 13-17 (3) Acts 15 v 25-29 (4) Ps 17 (5) St Matthew 7 v 24- 29

FRIDAY

(1) Rom 14 v 4-11 (2) 1 John 2 v 7- 12 (3) Acts 13 v 6-12 (4) Ps 79 (5) St Luke 18 v 1 - 8

SATURDAY

(1) Collisions 2V 6-17(2) James 3v 14-18 (3) Acts3v12-15 (4) Ps 41 (5) St Mark 2 v1-12

Week 5-Debra Zeit – Mount of Olives

SUNDAY

(1) I Thess. 1 v 13-18 (2) 2 Peter 3 v 7-15 (3) Acts23 v1-8 (4) Ps 51 (5) St Matthew 24 v 1-25

MONDAY

(1) Heb 11v 32-40 (2) 2 John 1 v 1-4 (3) Acts 13 v 44-48 (4) Ps 118 (5) St Luke 13 v 23-30

TUESDAY

(1) Rom 8 v 12-18 (2) 1 John 2 v 15-18 (3) Acts 5 v 40-42 (4) Ps 84 (5) St Luke 12 v 32-39

WEDNESDAY

(1) Rom 8 v 28-35 (2) 1 John 4 v 7-11 (3) Acts 19 v 11-15 (4) Ps 18 (5) St Mark 3 v 13-20

THURSDAY

(1) Heb 11 v 13-17 (2) 1 Peter 1 v 10-14 (3) Acts 22 v 1-5 (4) Ps 103 (5) St Matt 19 v 27-30

FRIDAY

(1) Gal 6 v 11-18 (2) 1 Peter 1 v 17-22 (3) Acts 4 v 31-33 (4) Ps 93 (5) St Matt 4 v 17-22

SATURDAY

(1) Gal 6 v 11-18 (2) 1 Peter 1 v 17-22 (3) Acts 13 v 35-39 (4) Ps 107 (5) St John 3 v 14-20

Week 6- Gabrehere - Faithful Servant

SUNDAY

(1) 1Corin 4 v 1-6 (2) 2 Peter 1 v 5-11 (3) Acts 5 v 1-11 (4) Ps. 37 (5) St Matt 25 v 24-32

MONDAY

(1) Heb 11 v 17-22 (2) James 2 v 19-25 (3) Acts 24 v10-16 (4) Ps.32 (5) St Luke 7 v 20-23

TUESDAY

(1) 1Thess 5 v 17-28 (2) 1John 2 v 20-27 (3) Acts 16 v 29-34 (4) Ps49 (5) St Matt 7 v 15-20

WEDNESDAY

(1) Rom 10 v 1-11 (2) James 1 v 21-27 (3) Acts 20 v 24-27 (4) Ps 4 (5) St Matt 5 v 22-26

THURSDAY

(1) Colo 3 v 1-11 (2) John 3 v 13-18 (3) Acts 11 v 1-3 (4) Ps 123 (5) St Luke 11 v 1-4

FRIDAY

(1) Rom 9 v 30-33 (2) 1John 1 v 1-5 (3) Acts 20 v 18-23 (4) Ps 25 (5) St Matt 6 v 13-15

SATURDAY

(1) Heb 4 v 7-14 (2) 1 Peter 1 v1-6 (3) Acts 13 v 27-29 (4) Ps 2 (5) St John 7 v 20-24

WEEK 7- NICODEMUS

SUNDAY

(1) Col 3 v 9 - 17 (2) 1 John 4 v 1 - 10 (3) Acts 5 v 21 – 26 (4) Ps 119 (5) St John 3 v 1–13

MONDAY

(1) Tim 6 v 6 - 11 (2) 1 Pet 1 v 1 -22 (3) Acts 17 v 21 - 24 (4) Ps 41 (5) St Matt 21 v 1 - 11

TUESDAY

(1) Gal 6 v 1 - 9 (2) 1 Peter 5 v 6 - 12 (3) Acts 5 v 35 - 39 (4) Ps 106 (5) St Luke 4 v 1 - 13

WEDNESDAY

(1) 2 Cor 6 v 14 - 18 (2) 1 John 2 v 12 - 15 (3) Acts 3 v 22-27 (4) Ps 29 (5) St Luke 19 v 28-44

THURSDAY

(1) Heb 5 v 1 - 10 (2) 1 Peter 2 v 9 -12 (3) Acts 23 v 1-6 (4) Ps 150 (5) St Matt 21 v 1 –13

FRIDAY

(1) Heb 7 v 1-15 (2) 1 Peter 1 v 13-17 (3) Acts 26 v 19 - 23 (4) Ps 110 (5) St Mark 11 v 1-11

SATURDAY

(1) Heb 8 v 1-13 (2) 1 John 1 v 1-13 (3) Acts 28 v 20- 25 (4) Ps 81 (5) St John 12 v 12 – 24

WEEK 8 – HOSANNA

SUNDAY

(1) Heb 8 v 1 - 13 (2) 1 John 1 v 6- 10 (3) Acts 5 v 25 - 31 (4) Ps 119 (5) St John 12 v 12 -19

HOLY WEEK

From Monday until Suffering Friday

The following instructions must be observed by the faithful.

- The Lord's prayer, The Holy Virgin Mary prayer including the daily prayers must be said 7times daily. 6am-9am-12am-3pm-6pm-9pm-12midnight. **Psalm 119v164**
- One must remember our sins, our bad deeds without trying to cover them repent with tears and great sorrow, plead to God for pardon, mercy and compassion.
- A minimum of 30 prostrations must be fulfilled each day that means bowing up and down, saying....” Lord have mercy upon me O Christ,” in Ethiopian “Egzie O Meharene Kristos”
- Ps 23, Ps27, Ps 51 and Ps 69 must be read each day.

May the tribulations, our sins and the heavy burdens which the true Messiah Our Lord and Our Saviour Jesus Christ (Eyesus Kristos) carried and nailed upon the Cross at Calvary,

Since the beginning of this world when the first man our father Adam fell from grace, the original sins which continue to spread and take root in mankind until this present day, we trust our Creator will eradicate these destructive habits and behaviour from us.

May the Lord grant us remission of our sins, strength to our spiritual life; so that once again we may become pure from all spot and sinful stains which defiled our soul, body and spirit.

Through this great lent fast we put our trust and hope in God the most High that He may accept our offerings weather much or little in secret or openly and set us free, through the multitude of His mercies, and in His pity for His Holy name sake.

Glory to the Father, Glory to The Son, Glory to The Holy Spirit both now and ever world without end.

Amen!

St. Mary of Debre Tsion, The Ethiopian Orthodox Tewahido Church.