Verse 5: If Thou, O Lord, shouldest mark iniquities, O Lord, who shall stand? For with Thee there is forgiveness.

If I were to imagine all my sins deserving all punishment, I would despair of myself, O Lord Savior;

Verse 6: Because of Thy Name have I waited for Thee, O Lord; my soul hath waited upon Thy word, my soul hath hoped in the Lord.
Verse 7: From the morning watch until night, from the morning watch let Israel trust in the Lord.

Let us begin the season of fasting with rejoicing,
giving ourselves to spiritual strife, purifying soul and body, fasting from passions, as we fast from foods,
far ing on the virtues of the Spirit, which, if we continue to long for, we shall all be worthy to behold the most solemn Passion of Christ, and the holy Passover, rejoicing with spiritual joy.