O Lord, Who freely hast spread out Thy divine hands up on the holy and precious Cross, grant us all with heartfelt compassion and faith to worship it worthy, when we have been made to shine through fasting, prayer, and abstinence, and through the doing of good with kindness, as the Friend of man and good to all.

Lord, in the multitude of Thy great compassions, blot out the multitudes of my sins, and account me worthy, O Savior, with a pure soul both to look upon...
and to embrace Thy dread Cross now in this week of abstinence, since Thou art infinite in compassion and art verily the Friend of man.