7) O Lord, Thou wast nailed up - on the Cross and didst rend the writ of Ad - am's sin by means of the ho - ly spear; hence rend a - part my bonds that with faith and glad - ness I might of - fer un - to Thee a sac - ri - fice of praise _ in this sea - son of the Fast pleas - ing to Thee, which, O Word, Thou hast made man - i - fest for the ran - som and sal - va - tion of _ us _ all.

6) While shin - ing with fast - ing's brill - iant light, Proph - et Mo - ses once be - - held the shin - ing glo - ry of God; where - fore, my weak and low - ly soul, im - i - tate with fer - vor Him Whom stretched His ho - ly hands

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Antiochian Orthodox Christian Archdiocese of North America, Rev. 0, 3/12/2022, CAH
upon the Cross for thy sake because of His great goodness; and make haste now to serve Him, practicing in deed prayer and fasting, to obtain divine delight.