

# THE HOLY AND GREAT FAST

## Fully Bathed in the Light of the Resurrection

“Walk as children of light” • “he that loveth his brother abideth in the light”  
(Ephesians 5:8; I St. John 2:19)

### A

**Let us rediscover** the true meaning of of asceticism:

- a joyous rejection of what is beyond what one needs • the sharing of what is excess with the poor • the continuous glorification and appreciation of God
- **a Godly orientation “towards the Other”**—towards our Lord, our brother, towards all creation—with reverence and dutifully.

### B

- Let us not forget:** • without love, no act of asceticism will lead us to the **Great Encounter**, to the **Nuptial Mystery of our union with Christ...!**
- We will be brought to judgment first and foremost “for negligence in things virtuous and for not having loved our neighbor.”

### C

**The Holy Ascetic Saint Theodore** dwelled atop a pillar (as a Stylite) for forty-eight years.

- To his naive question about his “future recompense,” a Holy Angel informed him:
  - **“It will be the same as the recompense of a certain actor in Damascus, who gave away all of his possessions to a poor woman...!”**

### D.

- “The Devil** does not eat, drink, or marry....!
- And *he*, who is **technically the greatest ascetic**, is not, for all that, any less a demon”!

### E.

**Let us constantly direct** our **asceticism** towards its main purpose:

- purity of the heart and its • receptivity to love, that it might be filled with the Light of the Resurrection!

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