



■ † Holy and Great Monday

We Must Accompany Him to His Passion*

The Lord goes to His voluntary passion.
We must accompany Him.

This is the obligation of anyone who confesses that by the power of Christ's passion he has become who he is now; it is the duty of anyone who hopes to receive something which is so great and glorious that it could not even enter one's mind.

How must one accompany Him? Through reflection and sympathy.

Follow the suffering Lord in thought; and through your reflections extract such impressions as could strike your heart and bring it to feel the sufferings which were borne by the Lord.

In order to better accomplish this, you must make yourself suffer through perceptible lessening of food and sleep, and an increase in the labor of standing and kneeling. Fulfill all that the Holy Church does, and you will be a good fellow-traveller of the Lord to His sufferings.



(*) St. Theophan the Recluse, *Thoughts for Each Day of the Year According to the Daily Church Readings from the Word of God.*