

MELKITE RESOURCES FOR THE DOMESTIC CHURCH
TENTH SUNDAY AFTER THE HOLY CROSS

THE TRISAGION PRAYERS

Parents: Blessed ✠ is our God at all times, now and ever and unto ages of ages.

Response: Amen.

Parents: Glory to You, our God, glory to You. Heavenly King, Consoler, Spirit of Truth, present in all places and filling all things, the Treasury of blessings and the Giver of life, come and dwell in us, cleanse us of all stain, and save our souls, O Good One.

Children: Holy ✠ God! Holy Mighty One! Holy Immortal One! Have mercy on us!
(Three times w/ metany)

Glory be to the Father ✠ and to the Son and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

All-Holy Trinity, have mercy on us! Lord, forgive us our sins! Master, pardon our transgressions! Holy One, look upon us and heal our infirmities for Your name's sake.

Lord, have mercy! *(Three times)*

Glory be to the Father ✠ and to the Son and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

Our Father, who art in Heaven, hallowed be Thy name. Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

RESURRECTIONAL TROPARION - TONE 1

After the stone was sealed by the Jews
and the while the soldiers were watching Your spotless body,
You rose, O Savior, on the third day, giving life to the world.
Wherefore, the heavenly powers cried out to you, O Giver of life:
"Glory to Your resurrection, O Christ! Glory to Your kingdom!
Glory to Your economy, O You who alone are the lover of mankind!"

EPISTLE: GALATIANS 3:23 - 4:5

Brethren, before the faith came, we were kept imprisoned under the Law, shut up from the faith that was to be revealed. Therefore, the Law has been our tutor unto Christ, that we might be made holy by faith. But now that faith has come, we are no longer under a tutor.

For you are all God's children through faith in Christ Jesus. For all you who have been baptized into Christ have put on Christ. There is neither Jew nor Greek; there is neither slave nor freeman; there is neither male nor female. For you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to the promise.(4:1)

Now I say, as long as the heir is a child, he differs in no way from a slave, though he is the master of all; but he is under guardians and tutors until the time set by his father. So, we too, when we were children, were enslaved under the elements of the world. But when the fullness of time had come, God sent his Son, born of a woman, born under the Law, that he might redeem those who were under the Law, that we might receive the adoption of sons.

GOSPEL: LUKE 13:10 - 17

At that time Jesus was teaching in one of their synagogues on the Sabbath. And behold, there was a woman who for eighteen years had had a sickness caused by a spirit; and she was bent over and utterly unable to look upwards. When Jesus saw her, he called her to him and said to her, "Woman, thou art delivered from thy infirmity."

And he laid his hands upon her, and instantly she was made straight, and glorified God. But the ruler of the synagogue, indignant that Jesus had cured on the Sabbath, addressed the crowd, saying, "There are six days in which one ought to work; on these therefore come and be cured, and not on the Sabbath."

But the Lord answered him and said, "Hypocrites! Does not each one of you on the Sabbath loose his ox or ass from the manger, and lead it forth to water? And this woman, daughter of Abraham as she is, whom Satan has bound, lo, for eighteen years, ought not she to be loosed from this bond on the Sabbath?" And as he said these things, all his adversaries were put to shame; and the entire crowd rejoiced at all the glorious things that were done by him.

CATECHETICAL SUMMARY FOR THE TENTH SUNDAY AFTER HOLY CROSS

Today, the Church presents for our consideration the image of the woman who was bent over and unable to stand up because of the evil spirits that afflicted her. As the Fathers of the Church explain, this woman is a symbol of our human nature oppressed by a sinful life – the life of vice and of sin. As Saint Athanasios explained in his great work *On the Incarnation*, man having

“rejected the contemplation of God” was weighed down by sin and unable to lift up his eyes to contemplate heavenly realities. It is for this reason, Saint Athanasios explained, that God became man and was born in a manger—that we who were bent over like the animals and feeding ourselves on earthly things might meet God face to face in the feed trough of the manger and be raised in him and returned to our proper stature to contemplate the things above.

The following is the most famous part of his explanation –

“Seeing that men, having rejected the contemplation of God, and with their eyes downward, as though sunk in the deep, were seeking about for God in nature and in the world of sense, feigning gods for themselves of mortal men and demons; to this end the loving and general Savior of all, the Word of God, takes to Himself a body, and as Man walks among men and meets the senses of all men half-way, to the end, I say, that they who think that God is corporeal may from what the Lord effects by His body perceive the truth, and through Him recognize the Father. So, men as they were, and human in all their thoughts, on whatever objects they fixed their senses, there they saw themselves met half-way, and taught the truth from every side. For if they looked with awe upon the Creation, yet they saw how she confessed Christ as Lord; or if their mind was swayed toward men, so as to think them gods, yet from the Savior's works, supposing they compared them, the Savior alone among men appeared Son of God; for there were no such works done among the rest as have been done by the Word of God. Or if they were biased toward evil spirits, even, yet seeing them cast out by the Word, they were to know that He alone, the Word of God, was God, and that the spirits were none. 6. Or if their mind had already sunk even to the dead, so as to worship heroes, and the gods spoken of in the poets, yet, seeing the Savior's resurrection, they were to confess them to be false gods, and that the Lord alone is true, the Word of the Father, that was Lord even of death. For this cause He was both born and appeared as Man, and died, and rose again, dulling and casting into the shade the works of all former men by His own, that in whatever direction the bias of men might be, from thence He might recall them, and teach them of His own true Father, as He Himself says: "I came to save and to find that which was lost. " (Lk 19.10). (Inc. 15)

PRACTICAL QUESTIONS

1. What does it mean to be weighed down by sin?
2. Why does sin make us only see the things of this world and unable to see as God sees?
3. How does the Incarnation help us to “see” again?

PRACTICAL EXERCISE

Go to the icon corner in the Sunday School classroom or go outside and have the children bend over so that they can only see what is on the ground. Then have the children slowly stand up straight and look up toward the icons or toward the sky. Then discuss the difference for our life if we live with our life looking toward God verses focusing on the things of this earth.