

**Sunday, March 17, 2024**  
**Tone 8**  
**Cheesefare (Forgiveness Sunday)**

Troparion:

Thou didst descend from on high, O Merciful One! Thou didst accept the three-day burial to free us from our sufferings! O Lord, our Life and Resurrection: glory to Thee!

O Prophet and Forerunner of the coming of Christ, in spite of our honor and devotion we are unable to give you worthy praise, through your glorious and noble birth your mother's childlessness was ended, your father's tongue was freed, and the incarnation of the Son of God was proclaimed to the world.

Kontakion:

O Master, Teacher of Wisdom, Bestower of virtue, who teaches the thoughtless and protects the poor: strengthen and enlighten my heart. O Word of the Father, let me not restrain my mouth from crying to Thee: Have mercy on me, a transgressor, O Merciful Lord.

Prokeimenon in the 8th Tone:

Pray and make your vows before the Lord our God!  
(Vs.) In Judah God is known; His name is great in Israel!

Epistle:

The Reading from the Epistle of the Holy Apostle Paul to the Romans. (Rom. 13:11-14:4)

Brethren, you know what hour it is, how it is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

Alleluia Verses Tone 6:

It is good to give thanks to the Lord, to sing praises to Thy name, O Most High!  
(Vs.) To declare Thy mercy in the morning, and Thy truth by night.

Gospel:

The Holy Gospel According to St. Matthew. (Chapter 6:14-21)

The Lord said, "If you forgive men their offenses, your heavenly Father will also forgive you. But if you do not forgive men their offenses, neither will your Father forgive you your offenses. And when you fast, do not look gloomy like the hypocrites, who disfigure their faces in order to appear to men as fasting. Amen I say to you, they have had their reward. But you, when you fast, anoint your head and wash your face, so that you may not be seen by men to fast, but by your Father, who is in secret; and your Father, who sees in secret, will reward you. Do not lay up for yourselves treasures on earth, where worm and rodent consume, and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither worm nor rodent consumes, nor thieves break in and steal. For where your treasure is, there also will be your heart."