

BYZANTINE SPIRITUAL CHECKUP IN PREPARATION FOR THE GREAT FAST

- How many times a day do I make METANY.....?
- How many times a day do I say the Jesus Prayer.....?
- How many times a week do I pray Matins or Vespers.....?
- How many times a week do I pray one of the Hours.....?
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- How many times a month do I attend the Divine Liturgy.....?
- How many times do I attend Liturgy more than one time a week.....?
- How many times do I attend the Holy Day's Liturgy.....?
- Do I attend Liturgy when there is no Eucharist.....?
- How many times do I pray for the Sick.....?
- How many times do I pray for the Dead.....?
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- How many times a week do I celebrate the Akathist with Mary.....?
- How many times a week do I celebrate the Akathist to Jesus.....?
- How many times a week do I celebrate the Moleben with Mary.....?
- How many times a week do I celebrate the Moleben to Jesus.....?
- How many times a week do I pray the Holy Scriptures.....?
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- How many times a week do I fast.....?
- How many times a month do I fast.....?
- Do I fast for the sake of the poor.....?
- Do I fast for the sake of the sins of the ignorant.....?
- Do I fast for the sake of thanksgiving to Jesus.....?
- Do I fast to praise the Father of All.....?
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- How many times a month do I give food for the poor.....?
- How many times a month do I give alms for the poor.....?
- How many times do I tithe for the support of my Church.....?
- How many times do I tithe for the support of the Hungry.....?
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- How many times have I tried to teach the Catholic Faith.....?
- How many times have I tried to teach others to Pray.....?
- How many times do I pray for the forgiveness of injuries.....?
- How many times do I pray for the enemies of the Church.....?
- How many times have I had a Liturgy celebrated for the needs of the sick.....?
- How many times have I had a Liturgy celebrated for the needs of the dead.....?
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- How many times have I venerated the Cross in my Icon Corner.....?
- How many times have I given thanks for the Gift of the Cross.....?
- How many times have I said the praises of God the Father.....?
- How many times have I said the praises of God the Son.....?