

FAST OF THE CATECHUMENS

The Fast of the Catechumens (Առաջադրաց Պահք) occurs three weeks before *Poon Paregentan*, the eve of Lent, or 10 weeks before Easter. It is comprised of 5 days of severe fast (dzom) wherein nothing is consumed from Dawn to Dusk. On Friday, the fifth day of the fast, the church commemorates Jonah the Prophet and reflects on the repentance of Nineveh as an example of broad repentance. Saint Nerses the Grace-filled points out the fact that when Saint Gregory the Enlightener emerged from his agony in the pit of *Khor Virab*, the central message of his evangelistic mission was the five days of severe fast (dzom) “like unto those of Nineveh”. This, he pursued as a means of healing and enlightenment and preparation for conversion to the Christian faith.

WORDSEARCH PUZZLE

G E V E N I N G R P B C Y P O
 S S C P Q N T S D U R O O A W
 C I V D O U B T K O X A A M C
 U D N W A L K I N G F F Y T E
 O N E K G A X B Y A U Y S U O
 S J D U K L A W C F Q N I T M
 D L V H O Q L B O G A M Y P H
 D Z O E I C O J U W Q N B L Z
 D J Y F M M N O R V A J W N W
 T K V W L I E A A D X T O Q A
 I A W I N D M F G P V R E F V
 F P S A V E U R E W S B A R E
 V L A K E D Y A S P K Y Y S S
 C Y O X H E Z I T U Z U A I K
 R H A N D A N D Q Y N H W X H

EVENING	HAND	DOUBT	WAVES
COURAGE	AFRAID	SAVE	SINK
LAKE	WALKING	BOAT	WIND
PRAY	COME	WATER	ALONE

Source: Sermons 4 Kids, Inc.



Where is Your Focus?

Eve of the Fast of the Catechumens | Gospel Reading: John 6:15-21

In today’s Gospel reading, we hear how Jesus was up on a mountain praying and His disciples decided to cross the sea in a boat. While they were crossing the sea, a huge storm began and they were afraid they were going to sink. All of a sudden, they saw Jesus coming to save them, but he wasn’t in a boat or swimming to them. He was walking on water!

Imagine seeing that. How would you feel or react? In the Gospel of Mark, it says that the disciples were afraid because they thought it was a ghost coming to them. No one can walk on water, but Jesus can and He did. Naturally they were afraid and Jesus comforts them by saying, “It is I, do not be afraid”.

In the Gospel of Matthew it says that Peter saw Jesus walking on water and asked if he too could walk on water. Jesus said he could and Peter stepped out of the boat and began walking on water in the middle of the storm. He was doing great until he noticed the waves and winds around him and he took his focus off of Jesus. Once he did that, he began to sink into the water.

Jesus saved him and asked why he doubted. We do the same things in life. We focus on Jesus in our lives, but when there are difficulties and distractions, we take our eye off of Jesus and then we begin to feel like we are drowning (just like Peter). We feel overwhelmed by our lives, but if we keep our focus on Jesus, then we won’t sink or drown, but we will be able to perform miracles and even walk over all the worries we have.

What worries do you have that distract you from Jesus?

ARMENIAN WORDS TO KNOW FROM HOLY BADARAK

խնդրած => khun-tr-vadz => request

Ընկալի զխնդրածս արտից մերոց:
Ungaltsee **uzkhntrvadzus** srdeets merots.

May he receive the **requested** of our hearts.

(An example is on page 20 in the Liturgy Book Lord)

WALK ON WATER DECODER

Source: Sermons 4 Kids, Inc.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
H	V	S	L	F	P	X	Z	A	I	N	W	C	R	D	U	Q	J	M	Y	O	K	G	T	E	B

- 26-21-9-24 _____
- 12-10-11-15 _____
- 12-9-24-25-14 _____
- 5-9-10-24-1 _____
- 9-5-14-9-10-15 _____
- 3-10-11-22 _____
- 12-9-2-25-3 _____
- 5-25-9-14 _____
- 12-9-4-22-10-11-23 _____
- 4-9-22-25 _____

BOAT	WIND	SINK	WATER	FAITH
LAKE	WALKING	FEAR	AFRAID	WAVES

SPIRITUAL THOUGHT

The kingdom has a door, a way and a key. The door to the kingdom is Jesus Himself. What shows the way to the kingdom is the Bible. And the key to the door of the kingdom is the cross of Jesus.



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But He said to them, "It is I; do not be afraid."

John 6:20

Նա ասէ ցնոսա. «Ես եմ, մի՛ երկնջիք»:

Յովհաննէս Զ.20