

**Fourth Sunday of Pre-Lent
Expulsion of Adam and Eve from Paradise
Forgiveness Sunday**

On this day, we commemorate the banishment of Adam, the First-formed man, from the Paradise of delight.

Our Holy Fathers appointed this commemoration before the Holy Fast, as if to show in actual fact how beneficial the medicine of fasting is to human nature, and also how great is the shame of gluttony and disobedience. Passing over all the individual sins committed in the world on account of him, as being without number, the Fathers set forth how much evil Adam, the first-formed man, suffered from not fasting even for a brief time, and how much evil he thereby brought upon our race, clearly pointing out also that the virtue of fasting was the first commandment that God gave to mankind.

Not keeping this commandment, but yielding to his belly, or rather, through Eve, to the deceitful serpent, Adam not only did not become God, but also incurred death and transmitted corruption to the whole human race.

Because of the self-indulgence of the first Adam, the Lord fasted for forty days and was obedient. For this reason, the present Holy Fast was designed by the Holy Apostles, in order that we might enjoy incorruption, through fasting, by keeping the commandment which he did not keep, thereby suffering the loss of incorruption. Furthermore, as we said previously, the aim of the Saints is to encompass in brief the works wrought by God from the beginning to the end. Since Adam's transgression and his expulsion from the Paradise of delight were the cause of all our woes, for this reason they now set this transgression before us, so that, remembering it, we might avoid it and not in any way emulate his incontinence.

On this day, after Vespers – after hearing the announcement of Lent in the Great Prokeimenon: "Turn not away Thy face from Thy child for I am afflicted! Hear me speedily! Draw near unto my soul and deliver it!", after making our entrance into Lenten worship, with its special memories, with the prayer of St. Ephraim the Syrian, with its prostrations – we ask forgiveness from each other, we perform the rite of forgiveness and reconciliation.

Taken from Greek Archdiocese Website