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| Coptic | Coptic Reader | LA | MW | Unified Contemporary | Unified Traditional |
| Ⲁⲙⲱⲓⲛⲓ ⲛ̀ⲧⲉⲛⲉⲣⲛⲉⲏⲥⲧⲉⲩⲓⲛ:  ⲛ̀ϩⲁⲛⲛⲏⲥⲧⲓⲁ ⲉⲧϫⲏⲕ ⲉ̀ⲃⲟⲗ:  ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲛ̀ⲧⲉ Ⲡϭⲟⲓⲥ ⲭⲱ ⲛⲁⲛ ⲉ̀ⲃⲟⲗ. | Come let us fast,  Perfect fasts,  Through prayer and fasting,  The Lord will forgive us. |  |  |  |  |
| Ⲃⲟⲛ ⲟⲓⲩϭⲱϧⲉⲙ ⲛ̀ⲛⲉⲛϩⲏⲧ:  ⲙⲁⲣⲉⲛⲧⲟⲩⲃⲟϥ ϧⲉⲛ ϯⲁ̀ⲅⲁⲡⲏ:  ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲛⲉⲙ ϩⲁⲛϩ̀ⲃⲏⲟⲩⲓ̀ ⲉⲩⲉⲣⲡ̀ⲣⲉⲡⲓ. | The filth of our hearts,  Let us purify with love,  Through prayer and fasting, and befitting deeds. |  |  |  |  |
| Ⲅⲉ ⲅⲁⲣ Ⲡϭⲟⲓⲥ ⲁⲫϯⲥ̀ⲃⲱ ⲛⲁⲛ:  ϧⲉⲛ ⲛⲉⲫⲉⲩⲁⲅⲅⲉⲗⲓⲟⲛ:  ϩⲓⲧⲉⲛ ⲡⲓⲥ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲛ̀ⲧⲉⲛϭⲟϫⲓ ⲛ̀ⲥⲁ ⲛⲓⲇⲉⲙⲱⲛ. | For the Lord taught us,  In His Gospel,  Through prayer and fasting,  We can cast out demons. |  |  |  |  |
| Ⲇⲉⲥⲡⲟⲧⲁ ⲁϥⲉⲣⲉⲩⲫⲟⲙⲓⲛ:  ⲛ̀ⲛⲏⲉ̀ⲧⲁⲩⲉⲣⲛⲏⲥⲧⲉⲩⲓⲛ ϩⲁⲣⲟϥ:  ϩⲓⲧⲉⲛ ⲡⲓⲥ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ϧⲏⲉⲛ ⲟⲩⲙⲉⲩⲓ ⲛ̀ⲁⲧⲥⲱϥ. | The Master praised,  Those who fasted to Him,  With prayer and fasting,  And with undefiled thoughts. |  |  |  |  |
| Ⲉⲣⲉ ⲛⲉⲛⲓⲟϯ ⲉⲣⲙⲉⲧⲁⲛⲟⲓⲛ:  Ϧⲉⲛ ⲟⲩⲙⲉⲑⲙⲏⲓ ⲛⲉⲙ ⲟⲩⲧⲟⲩⲃⲟ:  Ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲁⲩⲉⲣⲡ̀ⲉⲙⲡ̀ϣⲁ ⲛ̀ϯⲙⲉⲧⲟⲩⲣⲟ. | Our fathers repented,  With purity and righteousness,  Through prayer and fasting,  They became worthy of the kingdom. |  |  |  |  |
| Ⲍⲱⲏ̀ ⲛⲉⲙ Ⲁⲇⲁⲙ ⲡⲉⲛⲓⲱⲧ:  ⲉⲑⲃⲉ Ⲡⲓⲡⲁⲣⲁⲇⲓⲥⲟⲥ ⲁⲩⲣⲓⲙⲓ:  ϩⲓⲧⲉⲛ ⲡⲓⲱ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ: ⲁϥⲧⲁⲥⲑⲱⲟⲩ ⲛ̀ϫⲉ Ⲡⲓⲙⲁⲓⲣⲱⲙⲓ. | Eve and our father Adam,  Wept for the sake of Paradise,  Through prayer and fasting,  The Lover of Mankind restored them. |  |  |  |  |
| Ⲏⲗⲓⲁⲥ ⲁⲁϥⲱ̀ⲑⲁⲙ ⲛ̀ⲧ̀ⲫⲉ:  ⲛ̀ⲥⲟⲟⲩ ⲛ̀ⲁ̀ⲃⲟⲧ ⲛⲉⲙ ϣⲟⲙϯ ⲛ̀ⲣⲟⲙⲡⲓ:  ϩⲓⲧⲉⲛ ⲡⲓⲑ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲟⲩⲇⲉ ⲙ̀ⲡⲟⲩϩⲱⲟⲩ ⲛ̀ϫⲉ ⲛⲓϭⲏⲡⲓ. | Elijah shut the heaven,  For three years and six months,  Through prayer and fasting,  The clouds did not rain. |  |  |  |  |
| Ⲑⲩⲥⲓⲁ ⲙ̀ⲡⲉⲛⲓⲱⲧ Ⲁⲃⲣⲁⲁⲙ:  ⲁϥⲱⲟⲡⲥ ⲛ̀ϫⲉ Ⲫⲛⲟⲩϯ Ⲡⲓⲇⲉⲥⲡⲟⲧⲏⲥ:  ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲉⲥⲧⲓⲁ:  ⲟⲩⲟϩ ⲁⲫⲁⲓⲫ ⲙ̀ⲡⲁⲧⲣⲓⲁⲣⲭⲏⲥ. | Father Abraham’s sacrifice,  God the Master accepted, through prayer and fasting,  He made him a patriarch. |  |  |  |  |
| Ⲓⲥⲁⲁⲕ ⲁϥⲥⲟⲛϩϥ ⲛ̀ϫⲉ ⲡⲉϥⲓⲱⲧ:  ⲉⲑⲣⲉϥⲉⲛϥ ⲛ̀ⲟⲩⲑⲩⲥⲓⲁ ⲉⲥϣⲏⲡ:  ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ: ⲁⲩϯϣⲉⲃⲓⲱ ⲛⲁϥ ⲙ̀ⲡⲓϩⲓⲏⲃ. | Isaac was bound by his father,  to offer him as an acceptable sacrifice,  Through prayer and fasting,  A ram replaced him. |  |  |  |  |
| Ⲕⲉ ⲡⲁⲗⲓⲛ Ⲓⲁⲕⲱⲃ Ⲡⲓⲥ̀ⲣⲁⲏⲗ:  ⲉⲑⲃⲉ ⲛⲉϥⲙⲉⲩⲓ ⲛ̀ⲧⲉⲛϩⲟⲧ:  ⲏⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ: ⲁⲫϭⲓ ⲛ̀ⲟⲩⲥ̀ⲙⲟⲩ ϧⲉⲛ ⲡⲉϥⲓⲱⲧ. | And also Jacob Israel,  Because of his truthful intentions,  And through prayer and fasting,  He took his father’s blessing. |  |  |  |  |
| ⲗⲱⲧ ⲡⲓⲑ̀ⲙⲏⲓ ⲁϥⲉⲣⲡ̀ⲉⲙⲡ̀ϣⲁ:  ⲉⲑⲣⲟⲩⲓ̀ ϣⲁⲣⲟϥ ⲛ̀ϫⲉ ⲛⲓⲁⲅⲅⲉⲗⲟⲥ:  ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲁϥⲛⲟϩⲉⲙ ⲉ̀ⲃⲟⲗ ϩⲁ ⲡⲓⲕⲯⲛⲇⲓⲛⲟⲥ. | The righteous Lot was worthy,  To have the angels come to him,  Through prayer and fasting,  He was saved from trouble. |  |  |  |  |
| Ⲙⲱⲩ̀ⲥⲏⲥ ⲁϥϭⲓ ⲛ̀ϯⲡ̀ⲁⲗⲁⲝ ⲥ̀ⲛⲟⲩϯ:  Ϧⲉⲛ ϯⲥ̀ⲕⲏⲛⲏ ⲟⲩⲟϩ ⲁϥⲭⲁⲩ:  Ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲁϥϣⲁⲣⲓ ⲉ̀ⲫ̀ⲓⲟⲙ ⲁϥⲉⲣⲥ̀ⲛⲁⲩ. | Moses took the two tablets, and placed them in the tabernacle,  And through prayer and fasting,  He struck the sea into parts. |  |  |  |  |
| Ⲛⲱⲉ̀ ⲡⲓⲑ̀ⲙⲏⲓ ⲁϥϭⲱⲣⲉⲙ ⲛⲁϥ:  ⲛ̀ϫⲉ Ⲫⲛⲟⲩϯ ϧⲉⲛ ϯⲕⲓⲃⲱⲧⲟⲥ: ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲉⲥⲧⲓⲁ:  ⲁϥⲛⲟϩⲉⲙ ⲉ̀ϣⲟⲗ ϩⲁ ⲡⲓⲕⲁⲧⲁⲗⲩⲥⲙⲟⲥ. | God directed Noah the just,  To build the ark,  Through prayer and fasting,  He was saved from the flood. |  |  |  |  |
| Ⲝⲁⲡⲓⲛⲁ ⲛⲓⲣⲉⲙⲚⲓⲛⲉⲩⲏ̀:  ⲁ̀ Ⲫⲛⲟⲩϯ ⲧⲁⲥⲑⲟ ⲙ̀ⲡⲉϥϫⲱⲛⲧ ⲉ̀ϫⲱⲟⲩ:  ϩⲓⲧⲉⲛ ⲡⲓⲃ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲁϥⲭⲁ ⲛⲟⲩϩ̀ⲃⲏⲟⲩ̀ ⲛⲱⲟⲩ ⲉⲧϩⲱⲟⲩ. | God refrained His anger,  From the Ninevites,  Through prayer and fasting,  He forgave their evil deeds. |  |  |  |  |
| Ⲟⲛⲧⲱⲥ Ⲓⲱⲛⲁ ⲛⲁϥⲭⲏ ϧⲉⲛ ⲑ̀ⲛⲉϫⲓ:  ⲙ̀ⲡⲓⲕⲏⲧⲟⲥ ⲛ̀ϣⲟⲙⲧ ⲛ̀ⲉ̀ϩⲟⲟⲩ:  ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲁϥⲥⲓϯ ⲙ̀ⲙⲟϥ ⲉ̀ⲡⲉⲧϣⲟⲩⲱ̀ⲟⲩ. | Truly Jonah was in the belly,  Of the whale for three days,  Through prayer and fasting,  He was thrown forth on dry land. |  |  |  |  |
| Ⲡⲓϣⲟⲙⲧ ⲛ̀ⲁ̀ⲗⲟⲩ ⲛ̀ⲁ̀ⲅⲓⲟⲥ:  ⲁⲩϩⲓⲡ̀ϩⲟ ⲙ̀ⲡ̀ⲥⲁϫⲓ ⲙ̀Ⲡⲟⲩⲣⲟ:  ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲁⲩⲱ̀ϣⲉⲙ ⲙ̀ⲡ̀ϣ̀ⲁϥ ⲛ̀ⲧⲉ ϯϩ̀ⲣⲱ. | The three saintly children,  Rejected the king’s decree,  Through prayer and fasting,  They quenched the furnace fire. |  |  |  |  |
| Ⲣⲱⲟⲩ ⲛ̀ⲛⲓⲙⲟⲩ̀ⲓ ϧⲉⲛ ⲫ̀ⲗⲁⲕⲕⲟⲥ:  ⲁⲩⲗⲱϫϩ ⲛ̀ⲛⲓⲫⲁⲧ ⲛ̀Ⲇⲁⲛⲓⲏⲗ:  ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ Ⲧⲛⲏⲥⲧⲓⲁ: ⲁϥⲉⲣⲟⲩⲛⲓϣϯ ϧⲉⲛ Ⲡⲓⲥ̀ⲣⲁⲏⲗ. | The Lions’ mouths in the den,  Licked the feet of Daniel,  And through prayer and fasting,  He became great in Israel. |  |  |  |  |
| Ⲥⲁⲙⲟⲩⲏⲗ ⲡⲓⲣⲉϥⲑⲱϩⲥ ⲛ̀ⲛⲓⲟⲩⲣⲱⲟⲩ: ⲁ̀ ⲛⲉϥⲓⲟϯ ⲧⲏⲓϥ ⲉ̀ⲡ̀ⲏⲓ ⲙ̀Ⲡϭⲟⲓⲥ:  Ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲁⲩⲙⲟⲩϯ ⲉ̀ⲣⲟϥ ϫⲉ ⲡⲓⲣⲉⲫⲑⲱϩⲥ. | Samuel the anointed of kings,  His parents offered him to the Lord’s house,  Through prayer and fasting,  He was called the anointer. |  |  |  |  |
| Ⲧⲁⲫ̀ⲙⲏⲓ Ⲓⲱⲥⲏⲫ ⲡⲓⲥⲟⲫⲣⲟⲛ: ⲁϥⲛⲟϩⲉⲙ ⲉ̀ⲃⲟⲗ ϩⲁ ϯⲡⲟⲣⲛⲏ: ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ: ⲁⲩⲭⲁϥ ⲛ̀ⲁⲣⲭⲱⲙ ⲉ̀ϫⲉⲛ Ⲭⲏⲙⲓ. | Truly Joseph the chaste,  Was saved from the adulteress,  Through prayer and fasting,  He ruled over Egypt. |  |  |  |  |
| Ⲩⲥ ⲡⲓⲙⲉⲧⲥ̀ⲛⲁⲩ ⲛ̀ⲁ̀ⲡⲟⲥⲧⲟⲗⲟⲥ: ⲁⲩϩⲓⲱⲓϣ ϧⲉⲛ ⲫ̀ⲣⲁⲛ ⲉⲧⲥ̀ⲙⲁⲣⲱⲟⲩⲧ:  ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲁⲩⲧⲟⲩⲛⲟⲥ ⲛⲓⲣⲉϥⲙⲱⲟⲩⲧ. | Behold the twelve apostles,  Preached in the blessed name,  Through prayer and fasting,  They raised the dead. |  |  |  |  |
| Ⲫⲁ ϯⲕⲩⲑⲁⲣⲁ ⲡⲉ Ⲇⲁⲩⲓⲥ:  Ϯⲡ̀ⲟⲫⲏⲧⲓⲁ ⲁⲩⲧⲏⲓⲥ ⲛⲁϥ:  Ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲁ̀ ϯⲙⲉⲧⲟⲩⲣⲟ ϣⲱⲡⲓ ⲛⲁϥ. | David of the harp,  Was given the gift of prophecy,  And through prayer and fasting,  A kingdom came to him. |  |  |  |  |
| Ⲭⲁⲣⲓⲥⲙⲁ ⲛⲓⲃⲉⲛ ⲉⲧϭⲟⲓⲥ:  ⲁⲥⲧⲁϩⲟ ⲛ̀ⲛⲓⲁⲥⲕⲏⲧⲏⲥ:  ϩⲓⲧⲉⲛ ⲡⲓϢⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ: ⲛⲉⲙ ϯⲕⲉⲙⲉⲧⲉⲩⲉⲃⲏⲥ. | Every exalted grace,  Was received by the ascetics,  Through prayer and fasting,  And also godliness. |  |  |  |  |
| Ⲯⲩⲭⲏ ⲛⲓⲃⲉⲛ ⲉ̀ⲧⲁⲩⲣⲁⲛⲁϥ:  ⲙ̀Ⲡϭⲟⲓⲥ Ⲫⲛⲟⲩϯ ϧⲉⲛ ⲛⲓϩ̀ⲏⲟⲩⲓ̀:  ϩⲓⲧⲉⲛ ⲡⲓϣ̀ⲗⲏⲗⲏ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ: ⲁⲩⲃⲁⲃⲛⲓ ⲉ̀ⲑ̀ⲙⲉⲧⲟⲩⲣⲟ ⲛ̀ⲛⲓⲫⲏⲟⲩⲓ̀. | Every soul that has pleased,  The Lord God through their deeds,  Through prayer and fasting,  Gained the heavenly kingdom. |  |  |  |  |
| Ⲱⲏⲉⲛ ⲙⲁⲣⲉⲛⲏⲱⲥ ⲉ̀ⲣⲟϥ:  ⲟⲩⲟϩ ⲛ̀ⲧⲉⲛϯⲱ̀ⲟⲩ ⲛⲁϥ:  ϩⲓⲧⲉⲛ ⲡⲓⲃ̀ⲗⲏⲗ ⲛⲉⲙ ϯⲛⲏⲥⲧⲓⲁ:  ⲛⲉⲙ ϯⲡ̀ⲣⲟⲕⲩⲛⲏⲥⲓⲥ ⲛⲁϩⲣⲁϥ. | Therefore let us praise Him,  And glorify Him,  Through prayer and fasting,  And worship before Him. |  |  |  |  |