

# DISCOVERING ORTHODOX CHRISTIANITY

Lesson #5

## **The Orthodox Liturgical Year**

Featuring Rev. Dr. Philip Zymaris and Rev. Fr. John Vlahos

### Discussion Questions

1. The Orthodox Church has a rich liturgical life. How did it come to exist?

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2. What is worship and how is it expressed?

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3. How important is it for Orthodox Christians to attend church worship?

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4. What do we mean when we say Liturgical Year?

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5. How do we fast as the Church wants us to fast?

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6. How does the Liturgical Year take us annually through the life of Christ?

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