



# **Journey through Lent**

*Life after Lent*

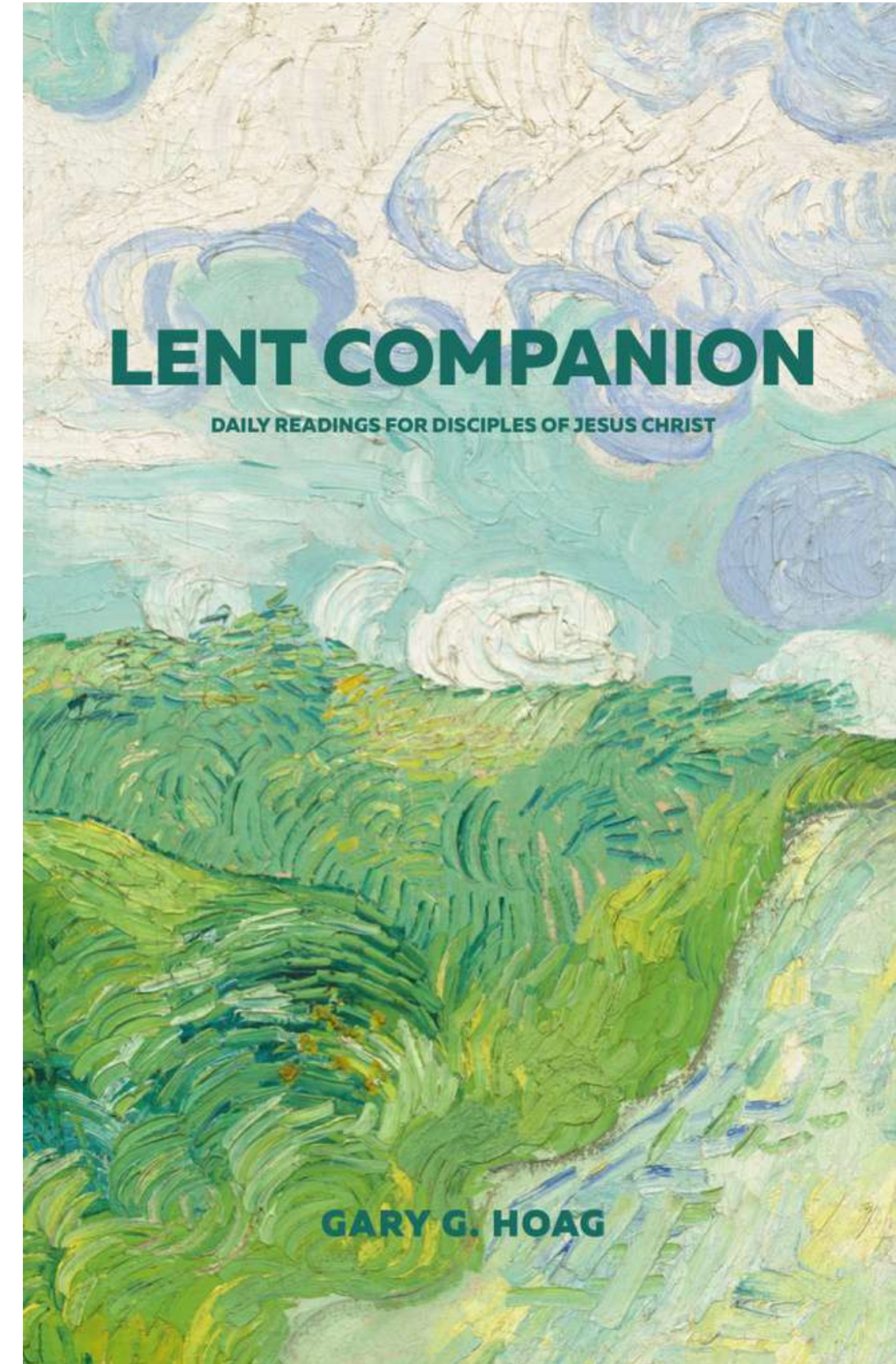
2 April 2024, 11 am GMT

# What is Lent?

Lent is a season when followers of Christ focus on understanding and practicing the formational disciplines of giving, prayer, and fasting. We observed it from 14 February to 31 March 2024.

## Journey with GTP

By reading Lent Companion and joining 4 Zoom meetings on Giving, Prayer, Fasting, and Life After Lent.





# Sermon on the Mount

Jesus gives us specific instructions

*When you give...*

*When you pray...*

*When you fast...*

He wants us to practice these disciplines for our good and His glory.

We will look together at His instructions from Matthew 6 in these Zooms meetings.



# Warning Label for Lent

*“Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.”*

Matthew 6:1

**Be careful.  
Do Lent for  
yourself and  
for God,  
not for people.**



# Matthew 6:19-21 and Life after Lent

*19 "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.*

**Most ignore this explicit teaching and trust in wealth. God just wants our hearts.**



# Matthew 6:22-23 and Life after Lent

*22 "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. 23 But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!*

**If our trust is misplaced, everything else will go wrong in life after Lent.**



# Matthew 6:24 and Life after Lent

*24 "No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.*

**We declare whom  
we serve not with  
our words but  
through our  
actions.**



# Matthew 6:25 and Life after Lent

*25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"*

**Our tendency is to worry. Jesus assures us that He will sort our necessities.**





# Matthew 6:26-27 and Life after Lent

*26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?*

**God provides bugs for the birds. They must go where the bugs are.**



# Matthew 6:28–30 and Life after Lent

*28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?”*

**God provides  
sun and rain for  
the flowers.  
The must look  
to the light.**



# Matthew 6:31-32 and Life after Lent

*31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them.*

**Life after Lent is free from worry and this way of living becomes our witness to the world.**



# Matthew 6:33-34 and Life after Lent

*33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

**Focus on God (prayer).  
Live one day at a time  
(fasting).  
Use what you have for  
Him (giving).**



# Augustine of Hippo on Life after Lent

*"Christians must always live this way, without any wish to come down from their cross – otherwise they will sink beneath the world's mire. But if we have to do so all our lives, we must make even a greater effort during the days of Lent. It is not a simple matter of living through forty days. Lent is the epitome of our whole life."*

*Augustine of Hippo (354-430) in Sermon 205*

# **Breakout Discussion**

**Let's reflect together.**

**Take notes to share in the chat.**

***Wealth, Worry, and Witness come into view  
in Life after Lent. How do they relate to the  
disciplines of Giving, Prayer, and Fasting?***



# Five Practical Tips for Life after Lent

1. What good is it for someone to gain the whole world, yet forfeit their soul? Mark 8:36.

When we trust in anything other than God, everything unravels. If we aim for anything other than God, even good things, we miss the mark.  
Applications: Retreat / Examine.

**Where is your focus?**

**Get your eyes checked.**



# Five Practical Tips for Life after Lent

2. Jesus told his disciples: "There was a rich man whose manager was accused of wasting his possessions."

Luke 16:1

Are you squandering or stewarding God's resources? Applications: Take inventory. Put God's resources to work. Grow giving. See what happens.

**Where is the  
wealth you  
steward?  
Grow your  
giving.**





# Five Practical Tips for Life after Lent

3. "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7  
Application: Pray the Surrender Novena.

**Do you worry often? Give everything to God in prayer.**



# Five Practical Tips for Life after Lent

4. “Do not let not your fasts fall on the same days as the hypocrites, for they fast on Mondays and Thursdays. Keep your fast on Wednesdays and Fridays” (Didache 11). Pick a time weekly that you will fast, set aside all that consumes you, get free from sinful habits. Plan your life around this to avoid temptation and strengthen your witness.

**How do we  
get free of  
control,  
idolatry, and  
pride? Fast.**



# Five Practical Tips for Life after Lent

5. "All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had. With great power the apostles continued to testify to the resurrection of the Lord Jesus. And God's grace was so powerfully at work in them all that there were no needy persons among them." Acts 4:32-34a. Applications: Create a community that reflects this witness.

**What if  
you engage  
others to  
give, pray,  
and fast  
with you?**

# Breakout Discussion

1. Where is your focus? Get your eyes checked.
2. Where is the wealth you steward? Grow your giving.
3. Do you worry often? Give everything to God in prayer.
4. How do we get free of control, idolatry, and pride? Fast.
5. What if you engage others to give, pray, and fast with you?

***Pick one of the tips. What if you did it?***



# Life after Lent

The journey of Lent marks not an end but a beginning. Lent is an epitome, a summary of the entire journey of life.

We give, pray, and fast to find our place in God's unfolding story around us. Don't see these disciplines as formulaic, but rather formational. They continue to shape us and our world as we practice them together.



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