

# *Be Perfect,*

*therefore, as Your Heavenly Father Is Perfect.*

1. The Journey of the Mortals - Feb. 26
2. Settle Matters Quickly with Your Adversaries - Mar. 5
3. To Be Seen by God, not by Men - Mar. 12
4. Seek First His Kingdom and His Righteousness - Mar. 19
5. Love Your Enemy - The Act of True Forgiveness - Mar. 26
6. Like the King Gentle and Riding on a Donkey - Palm Sunday, Apr. 2
7. Report of the Passion of the Mattean Jesus - Maundy Thursday
8. Seven Woes, Then and Now - Good Friday



OUR LENTEN  
*Journey*

**PRAY**

IS LOVE FOR GOD

**FAST**

IS LOVE FOR YOURSELF

**GIVE**

IS LOVE FOR OTHERS



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*Journey*

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# Matthew 6:1-8, 16-18

## Practicing Righteousness



*Just Between the Father and Me*  
- Matthew 6:1 NLT -

δικαιοσύνη

dikaïosynē / justice; righteousness

ght.org



# Matthew 6:1-8, 16-18

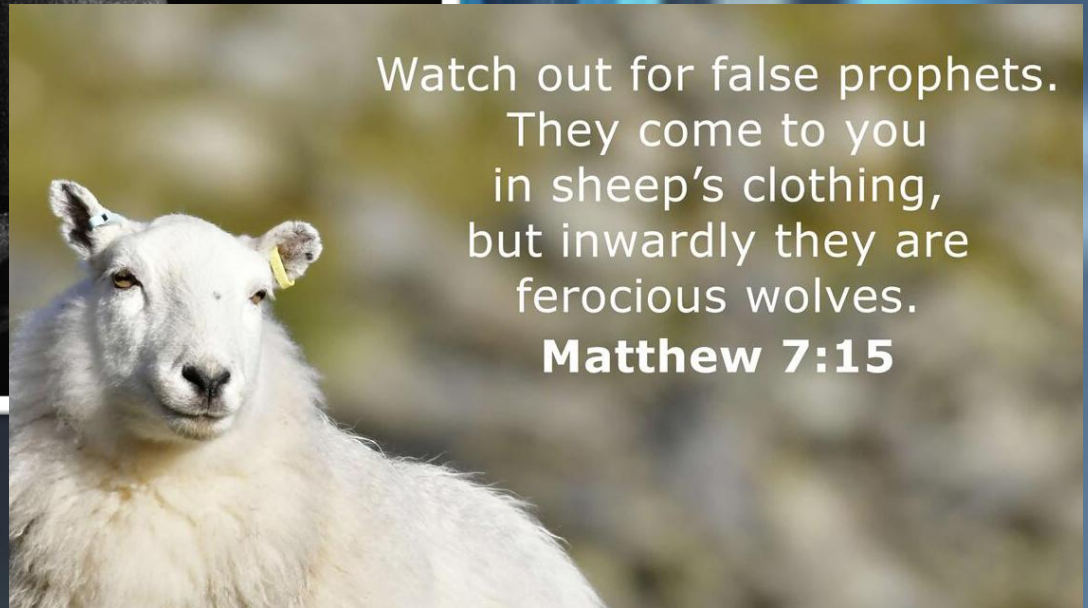
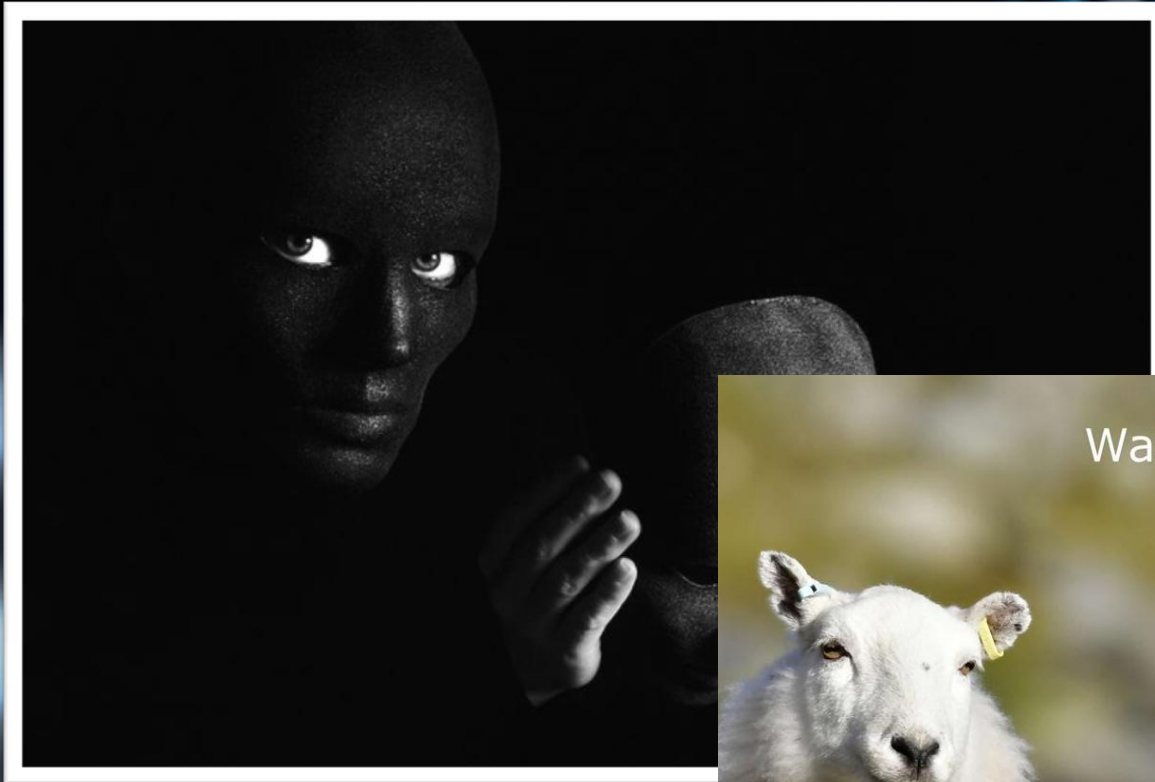
## *Do Not Hide Yourself before God*



*A theatrical mask from the 1st century B.C.E. 'Hypocrite' comes from the Greek word 'hypokrites', which means "an actor."*

# *Matthew 6:1-8, 16-18*

## *Watch Out for False Prophets*



Watch out for false prophets.  
They come to you  
in sheep's clothing,  
but inwardly they are  
ferocious wolves.

**Matthew 7:15**

*Matthew 6:1-8, 16-18*

*Pray to God Alone*



God is...

**OMNISCIENT**

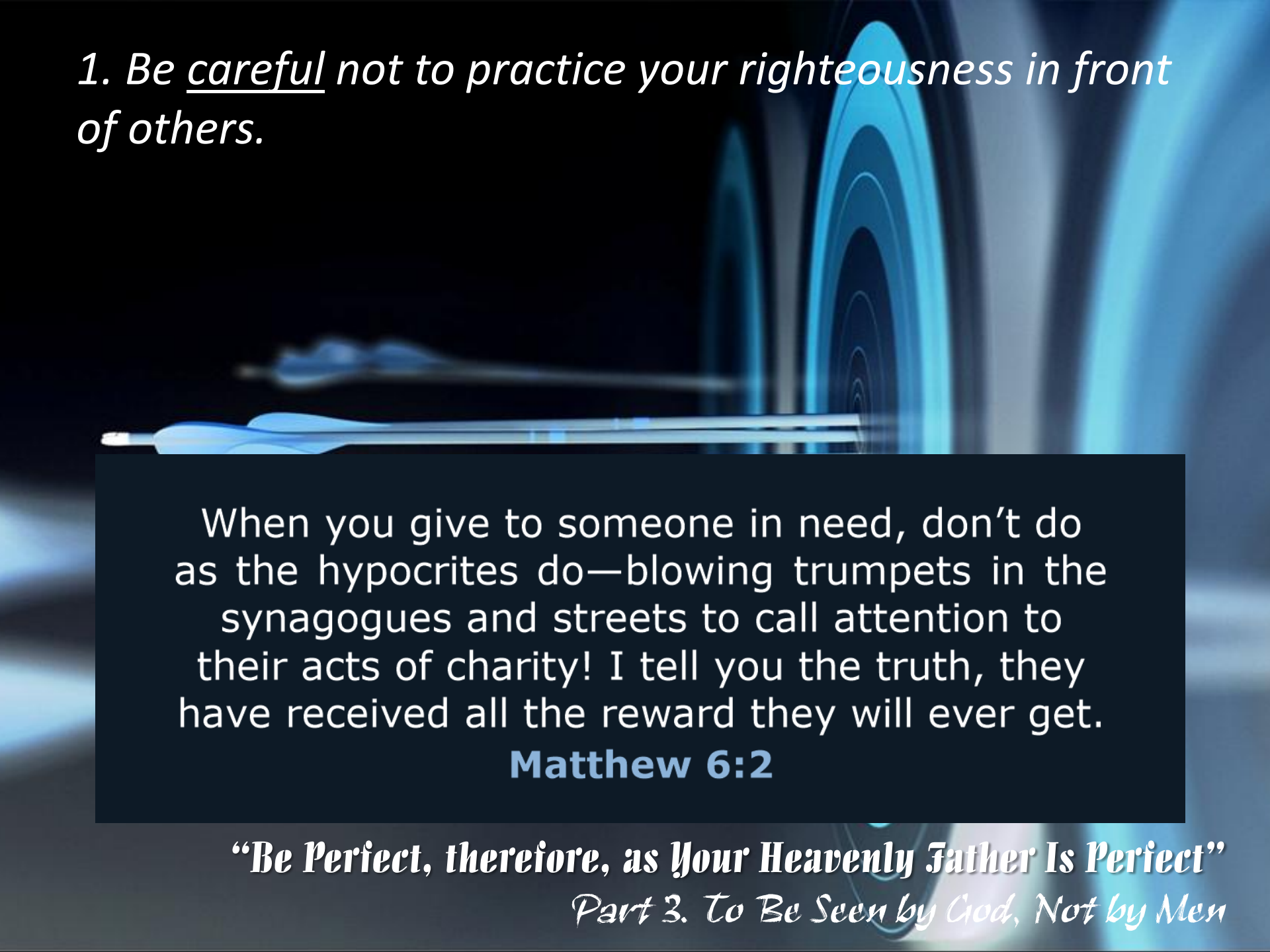
**1. Be careful not to practice your righteousness in front of others.**



***“Be Perfect, therefore, as Your Heavenly Father Is Perfect”***  
*Part 3. To Be Seen by God, Not by Men*



1. Be careful not to practice your righteousness in front of others.



When you give to someone in need, don't do as the hypocrites do—blowing trumpets in the synagogues and streets to call attention to their acts of charity! I tell you the truth, they have received all the reward they will ever get.

**Matthew 6:2**

*“Be Perfect, therefore, as Your Heavenly Father Is Perfect”  
Part 3. To Be Seen by God, Not by Men*

1. Be careful not to practice your righteousness in front of others.



Whatever you do, work at it with all your heart,  
as working for the Lord, not for human masters,  
since you know that you will receive  
an inheritance from the Lord as a reward.  
It is the Lord Christ you are serving.

**Colossians 3:23-24**

DailyVerses.net

***“Be Perfect, therefore, as Your Heavenly Father Is Perfect”***  
*Part 3. To Be Seen by God, Not by Men*

1. Be careful not to practice your righteousness in front of others.

2. When you give to the needy, do not let your left hand know what your right hand is doing.



***“Be Perfect, therefore, as Your Heavenly Father Is Perfect”***

*Part 3. To Be Seen by God, Not by Men*

*2. When you give to the needy, do not let your left hand know what your right hand is doing.*



*“Be Perfect, therefore, as Your Heavenly Father Is Perfect”  
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## THREE PILLARS OF LENT



PRAYER



FASTING



ALMSGIVING

*“Be Perfect, therefore, as Your Heavenly Father Is Perfect”  
Part 3. To Be Seen by God, Not by Men*

*2. When you give to the needy, do not let your left hand know what your right hand is doing.*

AN ILLUSTRATED GUIDE TO  
**LENTEN FASTING & ABSTINENCE**  
PRESENTED BY JONATHAN TEJERKA FOR THE FOCUS BLOG

**WHEN**  
FASTING AND ABSTINENCE

ASH WEDNESDAY  
GOOD FRIDAY  
FRIDAYS IN LENT

**ABSTINENCE**

**WHO**

**CATHOLICS 14+**  
ARE OBLIGED TO PRACTICE ABSTINENCE

**CATHOLICS 18-59**  
ARE OBLIGED TO FAST

**THOSE OUTSIDE THE AGE LIMITS**  
and those whose state in life (e.g. pregnant women, manual laborers, those who are ill) may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penitence or acts of charity or piety.

*St. James the Apostle Parish  
Ellyn, IL*

*“Be Perfect, therefore, as Your Heavenly Father Is Perfect”  
Part 3. To Be Seen by God, Not by Men*

2. *When you give to the needy, do not let your left hand know what your right hand is doing.*

WALK. GIVE. CHANGE THE WORLD.

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*Hyattsville*  
**CROP HUNGER WALK**

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MAY 7, 2023

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HYATTSVILLE, MARYLAND

**ENDING  
HUNGER**  
**ONE STEP  
AT A TIME**  
**CROP HUNGER WALK**



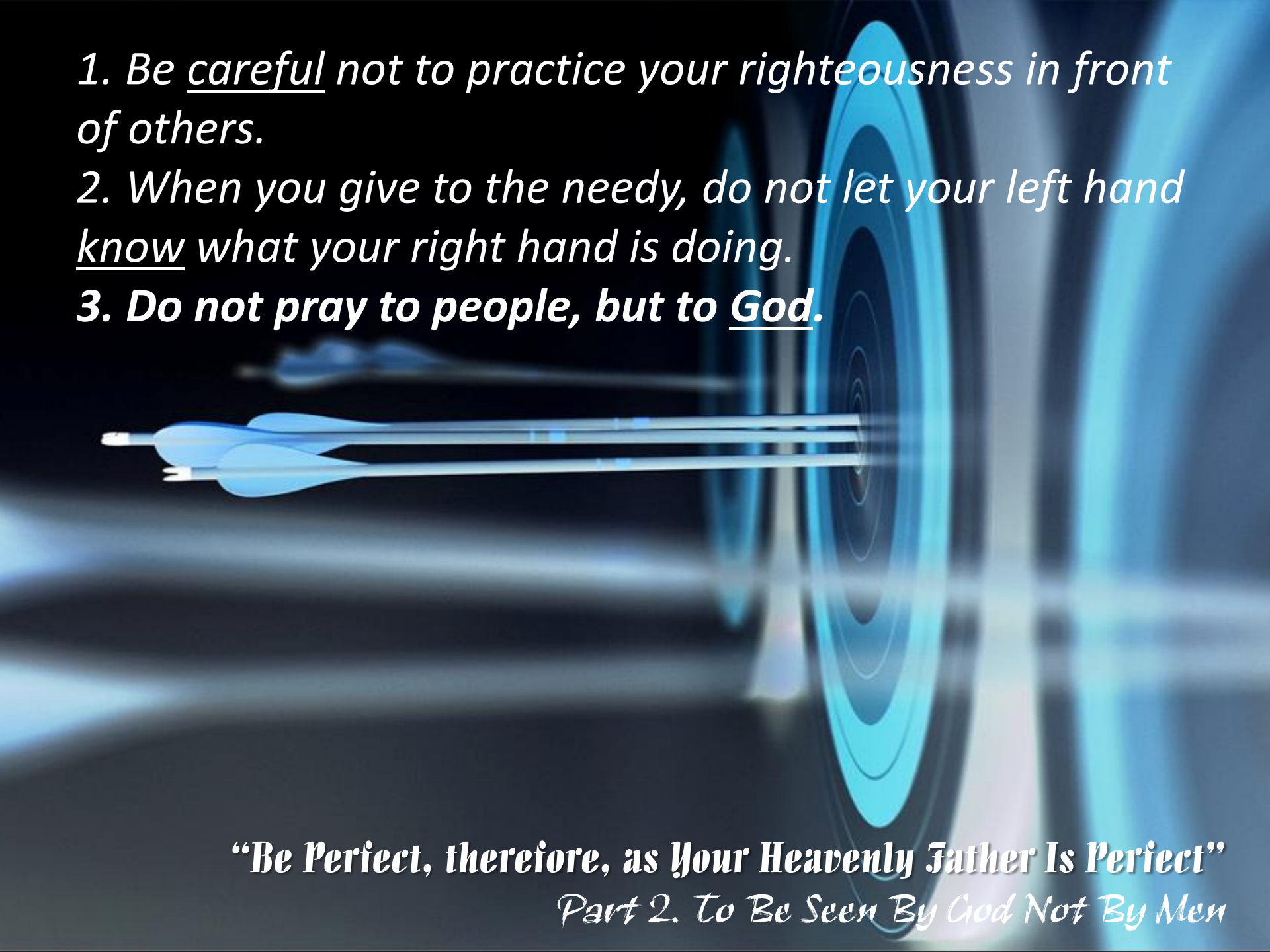
*“Be Perfect, therefore, as Your Heavenly Father Is Perfect”  
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*2. When you give to the needy, do not let your left hand know what your right hand is doing.*



***“Be Perfect, therefore, as Your Heavenly Father Is Perfect”***  
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- 
- A target with three arrows hitting the bullseye. The target is circular with concentric rings, and the arrows are blue and white. The background is a soft, out-of-focus blue and white gradient.
1. Be careful not to practice your righteousness in front of others.
  2. When you give to the needy, do not let your left hand know what your right hand is doing.
  3. Do not pray to people, but to God.

**“Be Perfect, therefore, as Your Heavenly Father Is Perfect”**  
*Part 2. To Be Seen By God Not By Men*

3. *Do not pray to people, but to God.*

And when you pray,  
do not keep on babbling like pagans,  
for they think they will be heard  
because of their many words.

**Matthew 6:7**

*“Be Perfect, therefore, as Your Heavenly Father Is Perfect”  
Part 2. To Be Seen By God Not By Men*

3. Do not pray to people, but to God.

*Rejoice* always,  
*Pray* continually,  
*Give thanks* in all circumstances;  
for this is God's will for you in Christ Jesus.

-1 Thessalonians 5:16-18

***“Be Perfect, therefore, as Your Heavenly Father Is Perfect”***  
*Part 2. To Be Seen By God Not By Men*

### 3. Do not pray to people, but to God.

## The Five-Finger Prayer

The prayer was developed by Pope Francis before he became the Pope. It is a simple, yet effective, way to pray.

Pointer:  
Those who teach, instruct and heal — pray for wisdom

Tallest: Those who lead us, like the president and business leaders

Ring: Those who are weak, sick, in trouble or need healing

Thumb:  
Those closest to you and your family

Pinky:  
Prayers for yourself



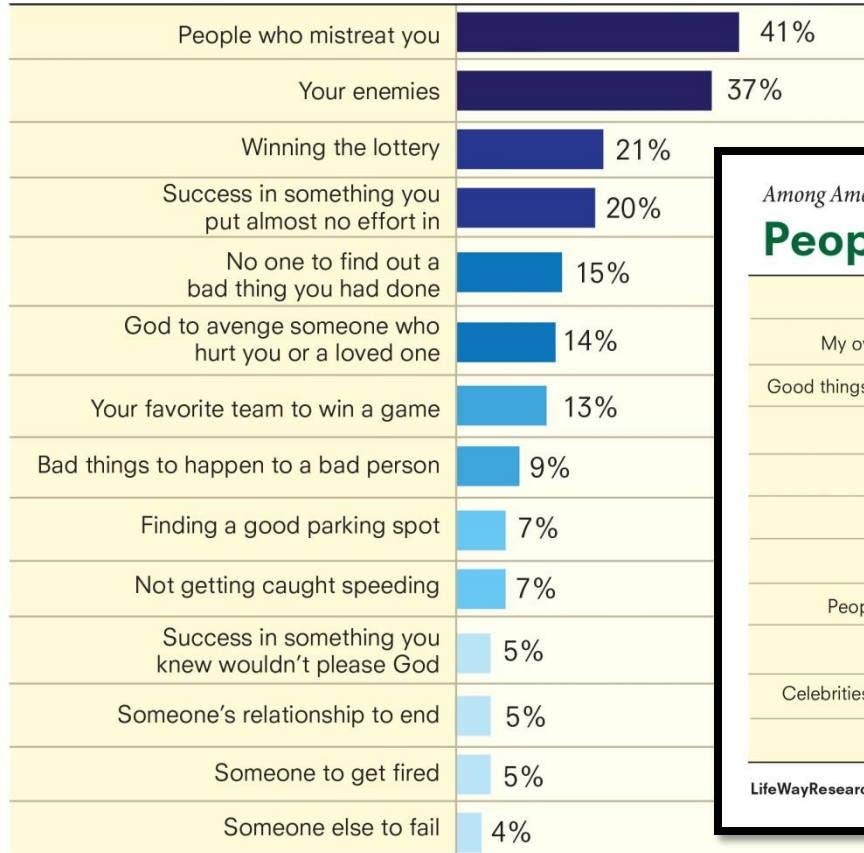
**OSF**  
HEALTHCARE

*“Be Perfect, therefore, as Your Heavenly Father Is Perfect”  
Part 2. To Be Seen By God Not By Men*

### 3. Do not pray to people, but to God.

Among Americans who pray:

#### Have you ever prayed for ...



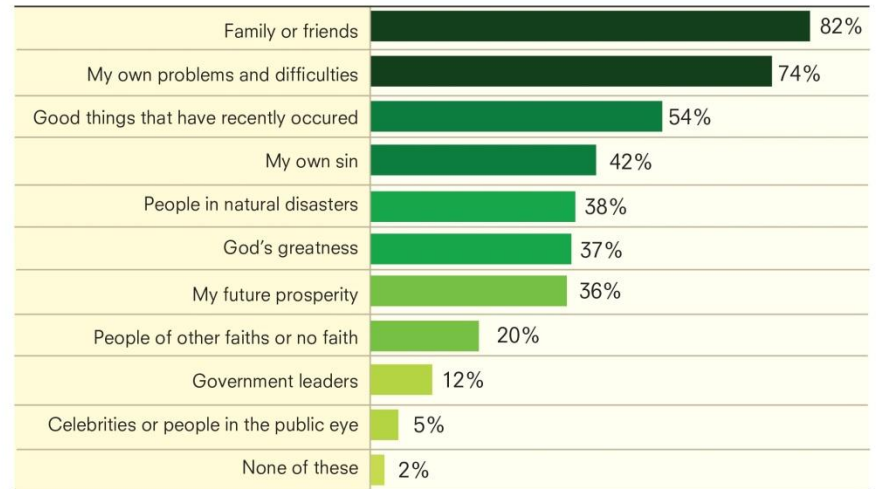
LifeWayResearch.com

Note: Participants could select all that apply



Among Americans who pray:

#### People typically pray for ...



LifeWayResearch.com

Note: Participants could select all that apply



**“Be Perfect, therefore, as Your Heavenly Father Is Perfect”**  
*Part 2. To Be Seen By God Not By Men*

### 3. Do not pray to people, but to God.

*Creating God, Your Fingers Trace (UMH No. 109)*

*O God in Heaven, grant to thy children mercy and blessing. (UMH No. 119)*

*God of the sparrow, God of the whale, God of swirling stars (UMH No. 122)*

*Guide Me, O Thou Great Jehovah (UMH No. 127)*

*Jesus, Jesus, Jesus! There's just something about that name! (UMH No. 171)*

*My Jesus, I Love Thee, I know that art mine (UMH No. 172)*

*Pass Me Not, O Gentle Savior (UMN No. 351)*

*All to Jesus I Surrender (UMH No. 354)*

*Have Thine Own Way, Lord! (UMH No. 382)*

*O Come and Dwell in Me (UMH No. 388)*

*Prayer for a New Heart (UMH No. 392)*

*Spirit of the Living God, fall afresh on me (UMH No. 393)*

*Lord, I want to be more holy in my heart ... (UMH No. 401)*

*For True Life (UMH No. 403)*

***“Be Perfect, therefore, as Your Heavenly Father Is Perfect”***

*Part 2. To Be Seen By God Not By Men*