

Basic Lenten Discipline Instructions

Matthew 6:1-6

Concerning Almsgiving

⁶ “Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

² “So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. ³ But when you give alms, do not let your left hand know what your right hand is doing, ⁴ so that your alms may be done in secret; and your Father who sees in secret will reward you.^[a]

Concerning Prayer

⁵ “And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. ⁶ But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.^[b]

Matthew 6:16-21

Concerning Fasting

¹⁶ “And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.^[a]

Concerning Treasures

¹⁹ “Do not store up for yourselves treasures on earth, where moth and rust^[b] consume and where thieves break in and steal; ²⁰ but store up for yourselves treasures in heaven, where neither moth nor rust^[c] consumes and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.