



# LENT ALMSGIVING

## Word of the Week

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. So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honoured by others. Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.

(Matthew 6: 1-4)



## Prayer for the Week

This Lent help us journey with you Lord, but help us to also journey with others.

As we walk these 40 days help us to be aware of the people around us, especially those that need our help. Help us to respond to the needs of others the best we can, and help us share what we have so others can benefit.

Amen



GIVE  
FAST  
PRAY  
LIVE  
LENT

# Almsgiving

Jesus presented almsgiving as a necessary part of Christian life. When teaching his disciples how to give he said: "When you give.." He doesn't say *if* you give, but *when*.

Charitable giving is a very ancient practise; almsgiving was a normal part of life even before Jesus' time. The Lenten call to give means making the needs of other people our own.

## Lenten Giving

Almsgiving is an incredibly important part of our Lenten journey because it actually encompasses all of the pillars of Lent. Almsgiving is *prayer* and it involved *fasting*. Almsgiving is a form of prayer because it is "giving to God"- and it is a form of fasting because it demands sacrificial giving- not just giving something, but giving up something. It involved us going without something in order to give.



## How could you give this Lent?

Lent giving doesn't just have to be about giving money. Take a moment to think about what you could give to help others. Think about how you could give your time? Think about what you have that you could give/donate to a good cause?



2 Corinthians 9:7

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."



Tobit 12:8-9

"Prayer and fasting are good, but better than either is almsgiving accompanied by righteousness ... It is better to give alms than to store up gold;... Those who regularly give alms shall enjoy a full life"

to give  
is better  
than to  
receive



Can you think of a time when you felt good after giving to someone or something?  
Has there been a time in your life when you have felt better in your giving than receiving?  
Why do you think you feel good after giving?  
Is that always the case?

## Something to Watch



- Almsgiving: A pillar of Lent  
[CLICK HERE](#)
- What is Almsgiving?  
[CLICK HERE](#)
- Almsgiving As a Lenten Practice  
[CLICK HERE](#)