



**24 - 30 Mar, 2019**

**Lent, part 5**

**Our spiritual life is a journey**

- † Lent is an essential path in that journey, which was emphasized by Jesus Christ and organized by the Church
- † Jesus said that some things need not only prayer, but prayer and fasting (*Mar 9:29*)
- † Let our fasting during this Lent be accompanied by faith, goodness, knowledge, self-control, endurance, godliness, brotherly affection, and love

**The journey (*2 Pet 1:1-11*)**

- † The Lord has equipped us with everything to live a holy life and share His glory
- † The journey begins with faith which is a gift freely given to us by God
- † Faith needs nourishment which is God's work in us, or else we will remain standing lost in the dark
- † Without God's work in us, all our efforts are in vain; even our ethics and religious duties become useless when based on the world and flesh

† Saint Peter insists that we put every effort with zealous to nourish our faith. He summarizes in seven steps our journey based on faith

**1. To your faith add goodness**

- † Goodness, virtue or ethics is revealed through our actions and words
- † It comes from the heart. So let us fill our hearts and minds with the Word, Jesus Christ

**2. To your goodness add knowledge**

**Knowledge is**

- † educating the ability to distinguish between what is good and what is bad
- † discerning the will of God, through study, prayers and daily experiences
- † to know why we fast, pray, choose godly friends, be an active member of our parish

3. To your knowledge add self-control
  - † Control the desires rather than being controlled by them
  - † Human beings can be mastered by their own lusts and passion
  - † Make the choice between self-control and self-destruction
4. To your self-control add endurance
  - † Endurance and perseverance in the face of trial and disappointment builds power (*Rom 5:1-5*)
  - † Life is not a single battle but a long campaign, not a short sprint to the finish line but a marathon
  - † Endurance is holy living, patiently keeping on in the service of Christ regardless of what life may bring our way
5. To your endurance add godliness (*Isa 6*)
  - † Godliness is devoutness, piety, fear of God
  - † It involves reverence and awe of God
  - † It is the experience of worship
6. To your godliness add brotherly affection (*1 Joh 3:14*)  
Our love to God is only revealed through our love to others
7. To brotherly affection add love (*1 The 3:12; Mat 5:43-48*)
  - † Christian love has a universal scope; it includes love of neighbor and even love of enemy
  - † Jesus perfectly exemplified what it means to love others

### Respect is a fruit of love

- † *'A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another' Joh 13:34-35*
- † *'Honor all people. Love the brotherhood. Fear God. Honor the king' 1 Pet 2:17*
- † *'Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself' Phi 2:3*
- † Let us be dynamic examples of love and peace

### Mary and Esther

- † When we nourish our faith, we can move mountains
- † Mary's faith made her trust God to work out every problem of her life
- † Esther rebuked her fear and trusted God

## Verse to memorize

**'Listen, I stand at the door and knock; if anyone hears my voice and opens the door, I will come into his house and eat with him' Revelation 3:20**

### During the coming week, let us pray expectantly

1. seeking the Lord's will to be done in Lebanon
2. for CrossTalk to find a locale
3. for David, Gisele, Habib and Karim
4. to become more of saints and less of sinners
5. to seek the Lord in every word I say, every act I do and every thought I think
6. to help in building His Kingdom by building His Church on earth
7. to deny ourselves, carry our cross and follow Him
8. to thank Him for creating us and each one around us, on His image and likeness, and choosing us to reveal His splendor
9. to all the sick
10. to all those in prison
11. to the unity of the Christians
12. to one another to be honest and not lack integrity
13. to put all that we have in the Lord's hands trusting His management
14. to all the Christians who are being persecuted, and to those who are persecuting them
15. to all families, that the Lord unites the parents together in His Name and stops all fights
16. to the situation in Lebanon, Syria, Egypt, Iraq and the whole region

**During this coming week, we will lift the Greek Orthodox Church in prayer**

قانون الايمان  
أؤمن بالله واحد  
أب ضابط الكل  
خالق السماء والأرض  
كل ما يرى وما لا يرى  
ويرب واحد يسوع المسيح  
ابن الله الوحيد،  
المولود من الأب قبل كل الدهور  
نور من نور، إله حق من إله حق  
مولود غير مخلوق،  
مساو للأب في الجوهر  
الذي به كان كل شيء  
الذي من أجلنا نحن البشر ومن أجل خلاصنا  
نزل من السماء  
وتجسد من الروح القدس ومن مريم العذراء  
وتأنس وصلب عنا على عهد بيلاطس البنطي  
وتألم وقبر  
وقام في اليوم الثالث على ما في الكتب  
وصعد إلى السماء وجلس عن يمين الأب  
وأيضاً يأتي بمجد ليدين الأحياء والأموات  
الذي لا فناء لمملكه  
وبالروح القدس، الرب المحيي  
المنبثق من الأب،  
الذي هو مع الأب والابن  
مسجود له وممجّد، الناطق بالأنبياء  
وبكنيسة واحدة، جامعة، مقدسة، رسولية  
وأعترف بمعمودية واحدة لمغفرة الخطايا  
وأترجى قيامة الموتى والحياة في الدهر الآتي  
أمين

الصلاة الربانية  
أبانا الذي في السموات  
ليتقدس اسمك  
ليأت ملكوتك  
ليتك مشيئتك  
كما في السماء  
كذلك على الأرض  
خبرنا الجوهرى أعطنا اليوم  
واترك لنا ما علينا  
كما نترك نحن  
لمن لنا عليه  
ولا ندخلنا في تجربة  
لكن نجنا من الشرير  
أمين