

Catechism Lesson for Adults and Teens
Forgiveness Sunday

Fasting & Treasures in Heaven

Read the Gospel Passage for this Sunday
Matthew 6:14-21

Contextual Background:

Forgiveness Sunday marks the beginning of Lent, and we kickoff our Lenten period by asking everyone for forgiveness. At the forgiveness Vespers service, we will even ask strangers for forgiveness. We ask EVERYONE for forgiveness so that we can practice asking for forgiveness, so that we can ask forgiveness to those who we've hurt/offended without knowing it, and because we believe our sins do affect the world and inadvertently hurt others.

Discussion Questions:

1. Jesus tells us if we forgive those who sin against us, God the Father will forgive us.
 - a. What are some offenses/sins that we experience that we find easy to forgive? What are some sins or offenses we find hard to forgive?
 - b. Who are some people we find easy to forgive? Who are some people we find hard to forgive?

2. Why do you think Jesus asks us to fast in secret?
 - a. It can be embarrassing to fast
 - b. We might be judged by others—they might think its silly or pretentious
 - c. Others might develop a different idea of who we actually are
 - d. We shouldn't want praise or credit from one another, but only from God

3. What are some "treasures" or things that you value that you know could break down, go missing, or get ruined? How would you feel losing them?

4. What are some things you value that you know can't go missing and cannot be stolen, broken, or decay?

5. Jesus calls the eye the lamp of our body, and so what we look at, what we focus on, affects our soul.
 - a. What are some positive things you focus on, watch, or see that feed your soul?
 - b. What are some negative things you focus on, watch, or see that take away your soul's light?

6. What are some things that you find distract you from prayer or from focusing on God?

7. As we enter Lent and look to fast from the things we enjoy that we might enjoy too much...
 - a. What might be some things that are easy to fast from?
 - b. What are some challenging things we might fast from?
 - c. What are some things we can do during Lent that we don't normally do that would redirect our focus to Christ?