

Great Lent: A Journey to Heaven

Preparation Sunday

A Journey to Heaven

- The journey through Lent is our journey to heaven
- Compare the heavenly life with our earthly life
- Through Lent, the Church returns us to heavenly life



Making us Perfect

- “Therefore you shall be perfect, just as your Father in heaven is perfect.”
(Matt. 5:48)
 - It is God’s desire for us to be perfect
 - God will make us perfect

The Corruption of Sin

1. Self-Centeredness

2. Separation from God

- “Therefore you shall be perfect, just as your Father in heaven is perfect.” (Matt. 5:48)
- Sin resulted in death
- “...but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.” (Gen. 2:17)

3. Indulging in bodily pleasures



The Foundation of our Restoration

1. Charitable deeds

- This is the remedy for our self-centeredness
- “It is more blessed to give than to receive.” (Acts 20:35)
- “For almsgiving liberates from every sin and from death, and it will not suffer the soul to go into darkness. Almsgiving will be a great act of faith before the most high God, for all those who practice it.” (Tobit 4:11-12)



The Foundation of our Restoration

2. Prayer

- Prayer is spending time with God
- Restoring our connectedness with God through prayer is twofold:
 - Private
 - Communal



The Foundation of our Restoration

3. Fasting

- Fasting takes us back to the Garden of Eden
- Fasting is abstinence from food and earthly pleasures
- Fasting is also abstinence from bad habits and sin
- Fasting is an advocate of repentance
 - “Most assuredly, I say to you, whoever commits sin is a slave of sin.” (Jn. 8:34)
- Fasting is liberating