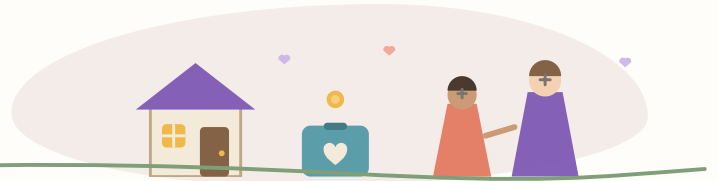


My Holy Day Mass Page

Wednesday, 10 February 2027 · Matthew 6:1–6, 16–18



1 Today's Gospel

Pray, Give, Fast: Lent's Secret Gifts for God

Jesus warned His disciples: **"Be careful not to do your good deeds in front of people just so that they will see you."** Then He spoke about three ways to love God: **giving** to the poor, **prayer** and **fasting**. When you give, He said, do not blow a trumpet like the show-offs do. **"Do not let your left hand know what your right hand is doing."**

When you pray, **"go into your room, shut the door, and pray to your Father who is in secret."** When you fast, do not put on a gloomy face so that everyone notices. Put oil on your head and wash your face, so that only God knows. Each time, Jesus makes the same promise: **"Your Father who sees in secret will reward you."**

Today is **Ash Wednesday**, the first day of **Lent**, our forty days of getting ready for Easter. The ashes remind us that we sometimes sin and need God's mercy. Jesus is asking why we do good things. Praying, giving and fasting are not a show for others, but a way of turning our hearts back to God, who sees everything.

Big idea! Lent is a time to **turn our hearts back to God** by praying, giving and fasting, not to be noticed, but **for God alone**.

Listen at Mass: In the Psalm we pray *"A pure heart create for me, O God."* In the second reading, St Paul says *"Now is the favourable time; this is the day of salvation."* Lent is that time!

Go deeper: Read Matthew 6:1–18 in a Bible. In the middle of today's Gospel, Jesus teaches the Our Father! The Catechism calls fasting, prayer and almsgiving the three main ways we turn back to God (CCC 1434).

2 Think It Through

Answer in a sentence or two.

- What three things did Jesus say we should do in secret?

- Why does Jesus want us to do good things quietly, not to be seen?

- What will you give up or give away this Lent, and why?

3 My Prayer

Write a prayer asking Jesus to help you keep your Lent promises with a loving heart.

Dear Lord Jesus,

4 My Lent Plan

Plan your Lent! Draw or write one promise for each of Jesus' three ways.

Ideas: a bedtime prayer • a coin jar for the poor • giving up sweets or screen time • a secret kindness

I will pray by...

I will give by...

I will fast by...

"Your Father who sees in secret will reward you." Matthew 6:6