



Lental Yatra '25: Participant Handout



LENTAL YATRA – Week 1/DAY 3
Thursday, March 20, 2025

Session Overview: Being Jesus to the World

Session Focus: "The spirit is strong, but the body is weak." (Matthew 26:41)

Being the 5th Gospel – Living as a Witness

What is the 5th Gospel?

St. Pope Paul VI once said, "Modern man listens more willingly to witnesses than to teachers, and if he does listen to teachers, it is because they are witnesses."

The **5th Gospel** refers to the life of every Christian – a living testimony of Christ's love and teachings. While the Bible has four Gospels (Matthew, Mark, Luke, and John), our lives should be the **5th Gospel**, revealing Jesus through our words, actions, and choices.

"You are the light of the world. A city set on a hill cannot be hidden." (Matthew 5:14)

How Can I Prepare to Be the 5th Gospel?

- Recognising that my life is a message of Christ.
 - Examining my actions – do they reflect God's love?
 - Bringing unity in my **body, mind, heart, and soul** to follow Christ completely.
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Strengthening the Body to Align with the Spirit

Jesus said, "The spirit is willing, but the flesh is weak." (Matthew 26:41)

This means our **spirit longs for God**, but our **body and its desires often lead us astray**.

Why Do We Need to Discipline the Body?

- **To overcome sin and temptation** – Self-control strengthens faith. (1 Corinthians 9:27)
- **To glorify God through our bodies** – Our body is a temple of the Holy Spirit. (1 Corinthians 6:19-20)
- **To grow in holiness** – Fasting, self-denial, and virtue train us to resist evil.

Ways to Strengthen the Body Against Weakness

- ✓ **Fasting** – Saying "no" to excess food, social media, or bad habits.
 - ✓ **Avoiding Sinful Traps** – Staying away from content or places that lead to sin.
 - ✓ **Daily Physical Discipline** – Exercise, proper rest, and moderation in eating.
 - ✓ **Regular Confession** – Seeking grace to overcome temptations.
 - ✓ **Sacrificial Acts of Love** – Helping others, even when inconvenient.
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To-Do List: Strengthening My Body for Christ

- Master Self-Control** – Avoid overindulgence in food, entertainment, and social media.
 - Train My Body Spiritually** – Commit to fasting at least once a week.
 - Fight Against Lust and Temptations** – Keep my heart and eyes pure (Matthew 5:28).
 - Overcome Laziness** – Discipline myself in prayer, study, and work.
 - Maintain a Healthy Lifestyle** – Exercise, rest well, and eat healthily to honour God.
 - Strengthen My Willpower** – Say "no" to sinful desires and distractions.
 - Grow in the Virtues of Patience & Perseverance** – Endure difficulties without complaining.
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Final Thought

God calls us to **unite our body, mind, heart, and soul** in following Him. Through discipline, fasting, and avoiding sin, we can make our **bodies as strong as our spirits** in this Lenten journey.

Let us **become the 5th Gospel**—a living testament of Christ's love in the world!

