



Lent is a time of returning to God. it is a time to confess how we keep looking for joy, peace and satisfaction in the many people and things surrounding us without really finding what we desire. only god can give us what we want. So we must be reconciled with God. Henri Nouwen.

Lent is a time of surrender, spiritual awakening and renewal to the presence of God and to our true selves, as we most authentically are. This means letting go of sin, and celebrating our freedom in Christ through self-examination. Through introspective, reflective times of 'purgation', we take stock of our lives and our relationships to discover, repent, change and get rid of what prevents us from following Christ in order to experience 'illumination' - spiritual awakening and renewal. It is a time of making personal sacrifices, stripping down our false self, anxieties, what drives our life, unconscious and obvious sins to make room for the essentials of our relationship with God. Daily readings and reflections are important to provide nourishment for the journey and celebration during Lent and Easter. Daily journal what you sense the Lord saying to you, teaching you and leading you in obedience. FASTING or forms of abstinence is a key practice. Renounce sins, bad habits, false self, attachments and drivenness that vandalize causing us to languish. Doing without creates more space for goodness and God to come in.

LENT - A 40 DAY JOURNEY OF RENEWAL

Lent begins on Ash Wednesday and continues until Easter Sunday, representing the retreat Jesus took into the wilderness for 40 days of prayer and fasting. The 40 days of Lent is a journey of small surrenders, 'letting go' that leads to a deeper awareness, understanding and self-denial in order to come closer to God and prepare to receive Jesus at Easter. All of Lent is a lesson in giving up pieces of ourselves so we can open up to God and Jesus more fully. It's a journey to our true self in God - our soul's home. Lent is the season for spiritual awakening - for recognizing, naming and confessing our own languishing and darkness, so we can be brought more fully into God's life-giving light.

PRAYER

Make time and space to be with God who is calling you to Himself, expanding your relationship with Him. Read the Bible, talk to Him in prayer and listen in silence. Confess, pray for forgiveness where you are not living right. Receive God's loving forgiveness and His transforming life available through Easter resurrection. Pray alone, with family and church community. Journal prayer requests, praises, and reflections, sharing with others for support.

ACTIONS

Lent is about surrender, responding to God's voice to you - what He is showing you about your life - how you can intentionally live out His Word and how to be towards others. A broken and repentant heart. That's the sacrifice that God loves. Fast, abstain from excess, bad habits and distractions. Think of ways to make changes in your life for intentional living and well-being. Be generous, kind to others - those in need - family, friends, community, and the world.

TRANSFORMATION

Lent is about letting go of sin, surrendering your false self for 'who you are becoming', being more attuned and intentional to Christ's life in you. Allow this time of reflection and preparation to bring deep life change and renewal in Christ - being reconciled and at peace again with God and others.

