

FEBRUARY 22, 2015
**FIRST SUNDAY
OF LENT**



GENESIS 9:8-15

PSALM 25:4-5, 6-7, 8-9

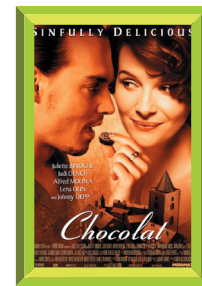
1 PETER 3:18-22

MARK 1:12-15

REFLECTION

I know some people who really dislike the season of Lent. They find giving up certain things annoying and difficult. I know others though that really like to sink into the season. They make every effort to start off right by getting their ashes on Ash Wednesday, and then dive into the spiritual practices of Lent the way a professional athlete dives into training season. I like the feeling of holiness that comes with the season, the starkness of the church decor, the pared-down music done in minor keys. But I have to admit I don't usually have the enthusiasm at the beginning of the forty days that some of my Lent-loving friends do.

I guess that's why we have a whole season of prayer, fasting, and giving to the poor. Noah had forty days on the ark. The Israelites had forty years in the wilderness. Jesus had forty days in the desert. We've got forty days to get our act together and get ready for Easter.



CHOCOLAT (2000)

This movie takes place during Lent, and every character, young or old, good or bad, experiences some kind of redemption.

ACTION

Choose a sacrifice or an action to engage in for the season of Lent that will bring you closer to God and help you grow in holiness. Write it down and tell someone you trust who can help keep you on track this Lenten season.

JOURNALING QUESTIONS

- What does Lent mean to you? Are you a Lent-lover or a Lent-loather? Why?
- Do you know someone who does Lent right? Whose practice and observance you really admire? What have you learned from that person?