



Teaching, Preaching and Reaching for
Transformation and Liberation

“CONSCIOUS AND INTENTIONAL MINISTRY: DOING WHO I AM”

Also I heard the voice of the Lord saying: “Whom shall I send, And who will go for Us?” Then I said, “Here am I! Send me.” Isaiah 6:8

THE PASTOR'S PEN 

February 21, 2021

ASH WEDNESDAY / LENT

Wednesday, February 17th was Ash Wednesday. Ash Wednesday is the beginning of Lent. Ash Wednesday is traditionally known as a day of repentance for sins through the public display of ashes. It is also a day of reconciliation that sparks renewed hope for transformation, new beginnings and stepping into new challenges. It marks the first day of the 40-day season of Lent leading up to Resurrection Sunday.

I am challenging you to spend quality and quantity time with God over the next 40 days as you repent of the wrong that you have done, and consecrate yourself to God. The season of Lent is customarily accompanied with fasting. I am challenging us to spend these days fasting – that is, giving something up. I encourage us to do more than just giving up certain things for the 40 days of Lent, I encourage us to use the next 40 days to strip and cleanse ourselves of anything ungodly and/or unhealthy. I encourage us to make life-long, lifestyle changes to produce overall, holistic health and well-being (spiritual, mental, emotional, physical, dietary, etc.).

Say this to yourself, *“For the 40 days of Lent, I have an opportunity to practice living without what I have been led to give up. After not having it for the 40 days, I know that I can live without it forever. Therefore, I have the opportunity to use the season of Lent to remove something destructive or unnecessary from my life.”*

I am also encouraging us to use the 40 days of Lent to establish and practice spiritual disciplines, as well as positive and beneficial goals for our lives that we, likewise, will continue after the season of Lent has ended.

Examples of life-long, lifestyle changes can include:

- ◆ Modifying our eating habits and committing to eating healthier foods
- ◆ Modifying our sleeping habits
- ◆ Exercising more and taking better care of our health
- ◆ Drinking more water (note: not just liquids, water)
- ◆ Commit to participate in online Worship Service, Sunday School and Bible Study weekly
- ◆ Commit to daily Bible reading
- ◆ Identifying at least one ungodly and/or unhealthy action, attitude and activity and determine to give it up forever that we may be drawn closer to God and deeper in our intimacy with Him.

WORK FOR THE WEEK

FEBRUARY MEMORY VERSE

¹² Therefore do not let sin reign in your mortal body, that you should obey it in its lusts. ¹³ And do not present your members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God.

¹² Do not let sin control the way you live; do not give in to sinful desires. ¹³ Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. (NLT) **Romans 6:12, 13**

FEBRUARY MEDITATION QUOTE

“Looking back, it is clear to me that the watchful attention of my sponsors in the church served to enhance my consciousness that whatever I did in my life mattered.”

Dr. Howard Thurman

TODAY'S STUDY QUESTIONS AND MEDITATION:

Have I ever been in a position where I could not see (physically), yet I saw (spiritually)? _____

As I cannot see what I need to do and how I need to do it, perhaps God is blinding me physically to reveal some things spiritually _____

FOR THE YOUTH

Is it possible to see more with your eyes closed than with your eyes open? Think about the game 'Hide and Seek' _____

If you really want to see, rely on the light of Jesus _____