



Pilgrim Rest
MISSIONARY BAPTIST CHURCH
Preaching, Teaching 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:

THE PASTOR’S PEN March 6, 2022

ASH WEDNESDAY / LENT

Ash Wednesday was March 2, 2022. 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.

Many churches acknowledge Ash Wednesday with a service by spreading burnt ashes across the foreheads of anyone who participates. Ashes, in the Old Testament, are associated with mourning and humiliation: In Job 2:8, Job covered his body with ashes when he mourned his fate.

Contemporarily, on Ash Wednesday, ashes or oil is placed on the forehead to remind us of death, of the sorrow we should feel for our sins, and of the necessity of changing our lives.

Lent is the 40 days following Ash Wednesday, ending on the Saturday following Good Friday. The 40 days do not include Sundays because Sundays commemorate the Resurrection. The 40 days help us reflect on the 40 days that Jesus was in the wilderness preparing for His ministry. Lent is a time of introspection, self-examination, moderation, repentance and spiritual discipline. Lent is highlighted, primarily, by prayer and fasting. Traditionally, people would give up sweets, meats and alcohol for Lent.

More than giving up certain things for Lent, I have encouraged us over the years to use the 40 days of Lent to strip and cleanse ourselves of anything ungodly, unproductive and useless towards our spiritual growth. I encourage us to identify at least one negative, ungodly and/or unproductive 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 God.

**O Lord,
The house of my soul is narrow;
enlarge it that you may enter in.
It is ruinous, O repair it!
It displeases Your sight.
I confess it, I know.
But who shall cleanse it,
to whom shall I cry but to you?
Cleanse me from my secret faults, O Lord,
and spare Your servant from strange sins.**

—St. Augustine of Hippo (AD 354–430)

PRAY THROUGHOUT THE DAY

MORNING WE PRAY TO BEGIN THE DAY

Mark 12:29-31, *“Hear, O Israel, the Lord our God, the Lord is one. And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength... You shall love your neighbor as yourself.”*

9:00 A.M. WE PRAY FOR PASTORS, MINISTERS AND LEADERS

Hebrews 13:7, 17, 18, ⁷ Remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct. ¹⁷ Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you. ¹⁸ Pray for us; for we are confident that we have a good conscience, in all things desiring to live honorably. **I Thessalonians 5:12, 13**, ¹² And we urge you, brethren, to recognize those who labor among you, and are over you in the Lord and admonish you, ¹³ and to esteem them very highly in love for their work's sake. Be at peace among yourselves.

12:00 NOON WE PRAY A PRAYER OF THANKSGIVING

I Thessalonians 5:18, ¹⁸ in everything give thanks; for this is the will of God in Christ Jesus for you.

3:00 P.M. WE PRAY FOR OUR MINISTRY AND MINISTRIES

Matthew 25:35, 36, ³⁵ for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; ³⁶ I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me. **Luke 4:18, 19**, ¹⁸ *“The Spirit of the Lord is upon Me, because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed; ¹⁹ To proclaim the acceptable year of the Lord.”*

6:00 P.M. WE PRAY FOR OUR FAMILY AND FRIENDS

Psalms 112:1-3, ¹ Praise the Lord! Blessed is the man [woman] who fears the Lord, Who delights greatly in His commandments. ² His descendants will be mighty on earth; the generation of the upright will be blessed. ³ Wealth and riches will be in his house, And his righteousness endures forever. **Proverbs 3:33**, ³³ The curse of the Lord is on the house of the wicked, But He blesses the home of the just.

9:00 P.M. WE PRAY FOR REVIVAL

Zechariah 8:4, 5, ⁴ Thus says the Lord of hosts: *“Old men and old women shall again sit In the streets of Jerusalem, Each one with his staff in his hand Because of great age. ⁵ The streets of the city shall be full of boys and girls playing in its streets.”*

NIGHT WE PRAY TO END THE DAY

Psalms 3:5, ⁵ I lay down and slept; I awoke, for the Lord sustained me. **Psalms 4:8**, ⁸ I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety.

WORK FOR THE WEEK

MARCH MEMORY VERSE

¹⁴ For if you remain completely silent at this time, relief and deliverance will arise for the Jews from another place, but you and your father's house will perish. Yet who knows whether you have come to the kingdom for *such* a time as this?"

Esther 4:14

MARCH MEDITATION QUOTE

"If you are neutral in situations of injustice, you have chosen the side of the oppressor"

Bishop Desmond Tutu

TODAY'S STUDY QUESTIONS AND MEDITATION:

Do I know what my name means?? _____

I will spend this week meditating on the new name God is giving or has given to me _____

FOR THE YOUTH

This week, I will Google the meaning of my name and discuss the significance and the application of my name with my parents / grandparents _____
