

Lent

Have you thought about giving something up for Lent? For some Christians Lent is a period of fasting. This because after Jesus was filled with the Holy Spirit he spent 40 days in the desert without food (Matthew 4:1-2).

Christians during the ages have also found that fasting for a period of time increased their spiritual awareness and allowed them concentrate deeper on God. The idea is that when you are hungry, instead of thinking about food, you think about God or pray to God until the hunger disappears.

The period of Lent lasts 46 days, excluding the Sundays these are 40 fast days - because Sunday (the day of the resurrection of our Lord Jesus Christ) is a day of celebration.

But giving up something for Lent is only a method to come to a deeper understanding of Easter. Because ultimately Lent is a time of preparation for Easter: and by giving up of something (for instance chocolate) you will get times that you really like to have some of that chocolate. And then instead of thinking about chocolate you allow yourself to think about the meaning of the death and the resurrection of Jesus Christ, or you can spend some time in prayer.

It is through these short but frequent periods of prayer and meditation that God can make us more aware of the cost that Jesus paid on the cross, as well as our gain that we have received due to his death and resurrection.

Yours in Christ,

Rev. Bernard Fidler