

Theme: Lent 1 ... Renewal

It's okay to consider myself young at heart and child-like but at some point I need to grow up ... and I mean this in terms of my spirituality. Whenever it comes to Lent I find myself stuck in the same mindset I had when I was 9 years old ... what shall I give up this year? Chocolate? Crisps? And so another year will go by when I may have had to struggle to not eat something I want to for 6 weeks and take great personal pride at the end of the 6 week sentence in my achievement. And again another year will go by when I have completely missed the whole point of Lent.

Lent is a time of renewal ... a time when we refresh our relationship with God and with the world. It's like a fresh start ... a time when we seek to better ourselves in how we treat one another and attempt to make God the centre of our life. This is what our spiritual mature self is striving for! One does not need to give up crisps and chocolate to do this, I tell myself. And if it sounds like I'm making excuses not to have give up my favourite foods, I am starting to realise that attempting the true meaning of Lent is going to be a lot more difficult ... and there lies the real challenge for all of us!

[Mr Doust]

LENT

— 40 days of Renewal —

Prayer:

Creator of my Life, renew me:
bring me to new life in you.

Touch my life and make me feel
whole again.

Help me to see your love in the
passion, death and resurrection of
your son.

Help me to observe Lent in a way
that allows me to celebrate that
love.

Prepare me for these weeks of
Lent as I feel both deep sorrow for
my sins and your undying love for
me.

Amen

Pope Francis:

*'Lent comes providentially to reawaken us,
to shake us from our lethargy.'*

Scripture 2:

*Then the Spirit sent Jesus into
the desert alone. He was in the
desert 40 days and was there
with the wild animals. While he
was in the desert, he was
tempted by Satan. Then angels
came and took care of Jesus.*

*After John was put in prison,
Jesus went into Galilee and
preached the Good News from
God. Jesus said, "The right time
has come. The kingdom of God
is near. Change your hearts and
lives and believe the Good
News!"*

