

# A COMPELLING CONVERSATION ABOUT LENT

Presented by Pastor R. Timothy Jones

Lent is a 40-day spiritual journey for purposes of reflection, repentance, and renewal as we approach Resurrection Sunday [Easter]. Lent has been observed since the fourth century CE. The Lenten season is typically observed by Catholics and some mainline Protestant churches that follow a liturgical calendar.

Lent traditionally lasts forty days, modeled after Christ's forty day fast in the desert, and ends on Good Friday. Lent is also an opportunity to contemplate the atoning work of God in Jesus Christ at Calvary. Lent calls our hearts and minds to the death, burial, and resurrection of Jesus Christ. It is characterized as a time of prayer, confession, fasting, self-examination, alms-giving, and worship attendance.

Lent begins on Ash Wednesday which is the day after Fat Tuesday [Mardi Gras]. While Mardi Gras is a time of hedonistic indulgences; Ash Wednesday brings us to terms with our own finitude in the face of impending death.

**Mardi Gras – “Eat, drink, and be merry!”**

**Ash Wednesday – “And then we die...”**

**Those who are prepared to die are the most prepared to live.**

## ▪ Prayers for Lent

Order my steps in thy word: and let not any iniquity have dominion over me. [Psalm 119:133]

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. [Psalm 139:23-24,NIV]

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer. [Psalm 19:14]

## ▪ Goals for Lent

1. Take a spiritual inventory/self-examination [Galatians 5:19-26].
2. Deny yourself something you enjoy.
3. Become an advocate for justice.
4. Contemplate and grieve for sin [I John 1:8-10]  
Confess your sins whether they were/are committed in word, deed, or thought.
5. Recognize your mortality.

List the five most significant things you did yesterday; If you were told tomorrow is your last day, would you do those same things?

---

---

---

---

---

6. Recognize your brokenness and anticipation of healing/wholeness
7. Sacrifice – “Give up something”
8. Practice simplicity – “Less is more!”
9. Rethink your priorities [Matthew 6:33]
10. Forgive persons who may have hurt you and communicate your forgiveness to them in some manner [letter, card, call, e-mail or visit].
11. Serve your community – help elderly people, reading books to children, and visiting people in your local hospital.

▪ **Keys to Your Spiritual Journey for Lent**

<sup>7</sup> Therefore submit to God. Resist the devil and he will flee from you. <sup>8</sup> Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

<sup>9</sup> Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom.

<sup>10</sup> Humble yourselves in the sight of the Lord, and He will lift you up. [James 4:7-10]

**Nine objectives [at least one per day] –**

1. **Submit** – Where is God calling me to complete submission and obedience to Him?
2. **Resist** – How do I need to stand against the devil?
3. **Pursue** – How can I walk more intimately with God?
4. **Cleanse** – What sin [single or occasional occurrence] in my life requires repentance?
5. **Purify** – What sin [continuous] in my life requires deliverance?
6. **Lament** – Is there something I regret and need to forgive myself for?
7. **Mourn** – What am I grieving and need to forgive God for?
8. **Weep** – Where am I broken and should find release through tears?
9. **Humble** – How do I think more highly of myself than I ought?

## THE CHURCH IN PRAYER

“An Old-Fashioned Prayer Meeting”

April 3, 2019 @ 6:15 PM

## SPRING CLEANING REVIVAL

April 8-10, 2019 @ 6:45 PM

Reverend Eliot Ivey, Evangelist

Pastor, The Church of Restoration – Oakland, CA

## RESURRECTION CELEBRATION

April 21, 2019