

St. Barnabas Hom. ASH WEDNESDAY 03/06/2019 (Matt 6: 1 – 6 / 16 - 18) YrC

**LENT IS A SPECIAL TIME OF PREPARATION,, A TIME OF HUMILITY,, A PERIOD SET ASIDE FOR PRAYER AND FOR FASTING.**

IT'S THE SEASON OF THE YEAR,, AS SCRIPTURE TELLS US;  
WHEN WE SHOULD;

**“QUIET OURSELVES BEFORE THE LORD”**

THE LENTEN SEASON,, IS A SPECIAL TIME FOR SPIRITUAL GROWTH,, FOR A RENEWAL OF OUR BAPTISMAL VOWS AND FOR A RENEWAL OF OUR CONFIRMATION PROMISES WHICH CONTINUALLY REVITALIZES OUR CONVERSION OF HEART AND THE SANCTIFICATION PROCESS,, IN OUR LIFE. BROTHERS AND SISTERS,, FASTING IS A DISCIPLINE,, THAT IS MUCH MORE THAN JUST “*NOT EATING*”. IT'S A NONPHYSICAL DISCIPLINE,, OF THE BODY,, THAT OPENS OUR SPIRIT TO THE HOLY SPIRIT AND THE DEEPER THINGS OF GOD!

OUR SPIRITS,, BECOME SO MUCH MORE SENSATIVE,, TO SPIRITUAL THINGS. LIKE; **THE VOICE OF GOD IN PRAYER** AND,, **OF HIS PRESENCE,, IN MEDITATION.**

AS YOU READ,, IT GIVES YOU A CLEARER UNDERSTANDING OF SCRIPTURE,, AS THE HOLY SPIRIT ENLIGHTENS YOUR MIND. YOUR PRAYERS BECOME MORE FOCUSED AND YOUR SPIRIT BECOMES MORE DIRECTED!

JESUS SAYS; ***BE ON GUARD AGAINST PERFORMING ACTS FOR PEOPLE TO SEE. OTHERWISE,, EXPECT NO REWARD FROM YOUR HEAVENLY FATHER.***

TODAYS SCRIPTURE IS CLEAR: **LENT IS NOT A TIME OF SEEKING MAN'S APPROVAL,, FOR PRAYING,, FASTING,, OR EVEN FOR GIVING,, TO THE OFFERING!**

IF WE DO THESE THINGS,, SO PEOPLE CAN SEE US,, OR IF WE GO AROUND,, WITH SAD,, EXPRESSIONS ON OUR FACES

***IN THE NAME OF THE FATHER AND THE SON AND THE HOLY SPIRIT***

**AMEN**

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**(1,102 WDS 5 PGS)**