

Dear Families:

Welcome to the season of Lent! We celebrated together this past week during our Ash Wednesday service in the chapel. Lent is not really a time to be joyous, but it is a needed time of self-reflection. Therefore, we welcome it.

Lent lasts 40 days, not counting Sundays. The reason for this is because Jesus spent 40 days in the wilderness, facing trials and temptations from Satan himself. Today, we studied this passage of Luke, describing Jesus' time of temptation. Satan tried to get Jesus to do many things that He knew were wrong; turn stones into bread to satisfy His hunger, offered Him the world if only he would worship Satan, and tried to get Him to test God by throwing Himself off of a cliff. Jesus resisted all of these temptations- and argued His position with scripture!

We are not as strong as Jesus- but we still have the power to resist Satan. He is real, and he is everywhere- constantly trying to turn us from God and toward the world. With God, we can fight against this. And this is what we should do during Lent. Spend some time in reflection and solitude. Get away from the world. Abstain from all acts except for worship- even food. Pray hard. Listen. Study the Bible. All of these things will help us be the good and faithful servant God needs.

Today, the students introduced the congregation to the discipline of fasting. Jesus went 40 days without food. We can't do that, but we can abstain from unnecessary treats and pleasures. They are of the world and not of God. This week, try to go without. Try to not let every desire be satisfied. Realize that getting everything you want isn't necessary to life at all. We were challenged to fast this week. Interested in the challenge? Pick up a handout in Fellowship Hall to help you through.

The class also baked a Lenten pretzel treat for today's congregational dinner. We have a meal on the second Sundays in most months. We hope you can join us next time!

Thank you for being with us today!

Carol McClellan, CE Director