

March 5, 2019

Dear Grace Church Family and Friends,

The season of Lent is upon us.

Lent is a time of special devotion, when we are reminded of our own mortality and encouraged to seek forgiveness from God. It is a time of prayer, self-reflection and rededication to living our lives as God would want us to live, loving our neighbors as ourselves.

As a sign of that rededication, people often “fast” during the season of Lent, giving up something like alcohol, sweets, cursing, social media...

Have you ever thought about fasting during Lent?

Consider the words of Pope Francis:

*Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill your hearts with joy.
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.*

Maybe we all should be fasting.

See you in church,
Andrew