

LENT

This year instead of writing about what LENT is, I decided I'd write about what LENT isn't:

LENT isn't SAD – LENT is not a time to sit around moping and groaning. LENT is quiet – reflective – meditative. LENT involves self reflection and study. But it is not SAD. TO read scripture that tells the story of Jesus' suffering isn't an easy read or going to make us happy, but it so worthwhile to have the time to do that during these 40 days.

LENT also isn't SCARY – LENT is not a time where we have to hurt ourselves. In the example of Jesus we do try to remember what he suffered in his temptation as well as during and after his arrest. We don't have to suffer because Jesus did it for us. We do need to remember and be grateful.

LENT is not LONG – yes LENT is 40 days. When you think about it LENT could be 100 days! What if it were as long as Pentecost? Again we follow the example of Jesus who for 40 days was tempted in the wilderness. I imagine it was a LONG 40 days for him. No so for us. 40 days – a month and a half. Yes we think about what Jesus gave up. We think about what Jesus went through. And perhaps we think about setting aside something that we enjoy to better understand what Jesus had to do. It's uncanny how LENT is almost always around Valentine's Day. Anyone for giving up chocolate?

So what have we learned about LENT? We are to remember what Jesus did for us, by suffering, dying on the cross and rising again to give us the gift of everlasting life. That is what these 40 days of LENT are for.