



02/27/2026

**Key Verse:** Philippians 2:1-8

“If, then, there is any comfort in Christ, any consolation from love, any partnership in the Spirit, any tender affection and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or empty conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests but to the interests of others. Let the same mind be in you that was in Christ Jesus, who, though he existed in the form of God, did not regard equality with God as something to be grasped, but emptied himself, taking the form of a slave, assuming human likeness. And being found in appearance as a human, he humbled himself and became obedient to the point of death—even death on a cross.”

**The Reflection:**

Lent is here! A time to remember the road our Lord endured on His way to the cross, a time for us to reflect and to take inventory of our own faith and its practice.

But what is it for you? How is it that you have begun this 40-day journey?

Someone recently shared, “I’m too busy to really do anything about lent this year.” Ever been there? Seriously, the fast pace of life may seem to leave little time and energy for the traditional Lenten practices. But what if we made the effort to weave moments of spiritual awareness and service into even the busiest of schedules. What if we began to see Lenten practices as part of, rather than in addition to, the activity of our ordinary days.

As you probably know the three foundational practices of Lent are prayer, fasting, and almsgiving. What if we kept that in mind and perhaps approached it a bit differently. What if we thought about them in a new way:

**Praying Daily** - If you make a habit of sharing a prayer whenever someone irritates you, cuts you off in traffic, makes life difficult, does you a favor, when you experience great and friendly service, or when something joyful happens to you—you will soon find yourself praying your way through the day. You will also find that this habit makes your life flow smoother, your self more centered, and your Spirit more aware of God’s presence.

**A Different Type of Fasting** - There are many ways to fast. Why not fast from criticism, gossip, judging others, or passing on rumors? Why not abstain from unwarranted fear and anxiety? Tell that inner voice inside your head that criticizes you to abstain from eroding your ability to be the confident, blessed person God created and calls you to be.

**Give of Yourself** - Daily life also offers countless opportunities to give of yourself to others (alms), and most don't involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend, and offer a word of thanks to those whose service of others often goes unappreciated. Give the gift of your attention to someone who simply wants to be noticed. Tell your children stories about people whose values you admire when you gather at mealtime. Don't be stingy with your smiles— give them freely to everyone you meet. And most important, give your love to those close to you. Hug them, hold them, and tell them what they mean to you. In this way you open your heart to God and others.

So, no matter how busy you are in life, there is no doubt that you can with a greater awareness and new perspective, consciously pray, fast, and give of yourself this Lent. Just simply take note of the possibilities that surround you and act on them during the course of your day. Don't leave any opportunity slip by unnoticed. Let's make lent a way of life not something that only happens 40 days out of every year.

***The Prayer:***

Gracious and loving God, You surround us with Your grace and strength. Help us during these days of Lent to open our hearts and lives to You.

Lord, keep us aware of the everyday opportunities to be Your disciples within this world. Help us to see and to realize those that are in need of prayer. Guide us to walk away from the judgements and prejudice that far too often pulls us in.

Lord, open our hearts to the many possibilities where we can be true to Your word and Your truth.

Amen

**Pastor Kathy**