

LENT:2012



Church in the Center
a community of **faith** in a community of **care**

Micah 6:8
"He has shown you, O man, what is good; and what does the Lord require of you? But to do justly, to love mercy, and to walk humbly with your God."



What is Lent?

Lent is a 40 day spiritual journey historically observed by the Christian church in preparation for Easter each year. The idea of 40 days of seeking God is common in Scripture. In the Old Testament, Moses spent 40 days on the mountain in the presence of God when he received the Ten Commandments. In the New Testament, Jesus fasted in the wilderness for 40 days just before his earthly ministry began. This year, Lent begins on Wed, Feb. 22nd and continues every day (excluding Sundays) concluding on the day before Easter, Sat., April 7th.

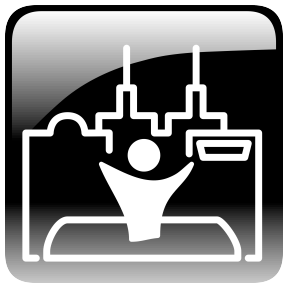
Why Observe Lent?

As with any scheduled religious activity, Lent could be nothing more than empty tradition and ritual. Perhaps you grew up observing Lent and it has become mechanical and you just find yourself going through the motions. But, on the other hand, it could be a very authentic and transforming time in your life if you approach it with sincerity and an earnest desire to seek God. The Easter season can be such a time of growth in your spiritual journey as you develop healthy spiritual disciplines that can carry on with you all year long, not just at Lent. The consistent time spent in prayer, fasting, and meditation upon the life, death, and resurrection of Jesus is a very good thing. Will you join us as we seek God with all of our hearts in a disciplined way and prepare ourselves for the greatest celebration of the year, the day in which our salvation was made complete when Jesus rose victoriously from the grave?

WHAT TO DO:

Here are four things you can do at home that will give you an overall great experience for the 40 days of Lent.

1. **Sacrifice.** Simply put, fast from, or give up the ordinary to reach out for the extraordinary. World Vision (one of the leading Christian humanitarian organizations in the world) has produced an incredible guide for some creative ways you can make a sacrifice. www.worldvisionacts.org/lent2012
2. **Pray.** Spend time daily with God in prayer. Make your requests known to Him and intercede for others you are in community with. Also, join us in praying for the unreached peoples of the world. Visit www.joshuaproject.net each day and see the "People of the Day" to learn about and pray for.
3. **Meditate on Scripture.** Read, read, read the Word of God. Commit to being in the Word every day during Lent. Here is a great reading guide that has additional devotional content by a great scholar. www.youversion.com/reading-plans/lent-for-everyone
4. **Give to poor.** One of the best ways to come near to the heart of God is to care for the poor. Each year, we live sacrificially to help poverty stricken people by selling some of our possessions and giving to the poor. We'll be talking a lot about this during Lent. www.sellstuffmovement.com



The **Church**
in the **Center**

www.thecitc.org

Isaiah 58:6-7

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?"

