

The Season of Lent



Lent is a season of soul-searching and repentance. It is a season for reflection and taking stock. Lent originated in the very earliest days of the church as a preparatory time for Easter, when the faithful rededicated themselves and when converts were instructed in the faith and prepared for baptism. By observing the forty days of lent, the individual Christian imitates Jesus' withdrawal into the wilderness for forty days.

With in mind...let us read a reflection by William Arthur Ward entitled Fasting and Feasting.

Lent should be more than a time of fasting. It should be a joyous season of feasting. Lent is a time to fast from certain things and to feast on others. It is a season in which we should:

Fast from judging others; feast on the Christ dwelling in them.

Fast from emphasis on differences; feast on the unity of all life.

Fast from thought of illness; feast on the healing power of God.

Fast from words that pollute; feast on the phrases that purify.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.

Fast from worry; feast on hope.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from bitterness; feast on forgiveness.

Fast from self-concern; feast on compassion for others.

Fast from discouragement; feast on hope.

Fast from suspicion; feast on truth.

Fast from thoughts that weaken; feast on promises that inspire.