

A photograph of a vast desert landscape featuring rolling sand dunes. The dunes are illuminated by warm, golden light, creating soft shadows and highlighting the textures of the sand. The sky is a clear, pale blue. The text "LENT SEASON" is overlaid in the center in a white, sans-serif font.

LENT SEASON

Lent is a time for followers of Jesus to remember His forty days in the wilderness and His victory over temptation (Matthew 4, Luke 4). **Through the intentional practices of prayer and fasting, we are reminded that He alone is our source of everything.**

Our pilgrimage to Calvary begins on Ash Wednesday, March 5 through the Easter Weekend. **Just 64 days into 2025, we have already felt the heaviness of the world: global tension, racial and social divisions, economic instability, extreme weather events—each news cycle adding to the collective anxiety of our communities.** In our human response, we grasp for control. We cling to comfort, striving and power, hoping they will steady us. **However, Lent calls us to something different.**

For more than a thousand years, Christians worldwide have observed the Lenten season with a sober acknowledgment that with humanity came sin, and with sin came death. **As believers, we are invited—though not required—to enter this sacred rhythm in a way that nurtures our own formation.**

**Lent is an invitation to loosen our grip.** To lay down our striving. To surrender our illusions of control. And in doing so, we find true power—not in holding on, but in letting go. **We find true comfort—not in self-sufficiency but in acknowledging humanity’s deep need for Christ’s death and resurrection.**

So, we invite you to participate in these intentional practices of prayer and sacrifice, this Lenten season.

## **Sacrifice**

Sacrifice is often associated with fasting—giving something up in our daily lives to create space for reflection and meditation on the cross and the sacrifice Jesus made for us all. **Many choose to abstain from daily habits such as a meal a day, social media, meat, or sleep-ins, using this practice to reorient their dependence on Jesus and acknowledge humanity's deep need for His death and resurrection.**

But sacrifice isn't only about physical abstinence. Perhaps this Lent, you feel a particular call to let go of tension, unforgiveness, or resentment—not just as a discipline, but as a reminder to invite Jesus into those vulnerable, tricky spaces, reflecting on our constant need for His grace, His cross, and His resurrection.

## Prayer

The practice of sacrifice cannot be done without conscious communion with our Heavenly Father. **It is through this connection that we resist turning Lent into merely a season of self-discipline and instead embrace it as a time of reflection and renewal—allowing Him to transform us.**

To support us in this, we're inviting our community to join us to **pray the lord's Prayer with us each day during Lent at 8am.**



## Lent Resources:

What is Lent? 

*A short lent primer from our friends at  
Greenhouse, Long Jetty.*

A Lord's Prayer Tool. 

*From the 24/7 Prayer Course.*

Lent For Everyone Bible Plan. 

*N.T Wrights' Lent for Everyone*

## Further Reading:

Ash Wednesday Devotion 

*Ruth Hayley Barton*

Lent as a Family 

*Focus on the family*