

Lent: Reflect, Repent, Believe

Faith Seeking Understanding

By

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Last Wednesday was Ash Wednesday which marks the beginning of Lent. It begins a time when we are invited to reflect on our lives, repent and believe. But what does this mean for us?

Reflect means to pause, take a look at our lives, see what we are doing or what we are not doing. This may be harder for some than others. Try to set aside some time devoted solely to reflection. This is time to ask ourselves, am I living in a way that is in line with the wholesome, life giving guidance of Jesus? Quiet time and reflection is beneficial for everyone. Even Jesus took time away by Himself to reflect and pray. (Luke 5:16), Luke 6:12-13, Luke 22: 39-44)

Repent means to turn around, turn back to God.

In our lives we have many occasions when we behave in a way that is not in line with God's plan for good in our lives. Sometimes we turn our back on God and move towards a more self fulfilling and selfish way of life. We can become so busy chasing the next big thing that we have no time for God. Or maybe we are so busy with life commitments that God is pushed aside like a task to attend to later. Lent is a time when we are invited to turn back to God. God never gives up on us, no matter how far we stray from what we know is good and just. We are always invited back into a loving relationship with the Trinity of God the Father, The Son and The Holy Spirit.

We are reminded that God wants to walk with us along a righteous, good path. A path that is paved with all the Good messages that Jesus taught us. We are encouraged to walk with God in love and respect for one another, love and respect for our environment and love and respect for ourselves. If we haven't been doing this to the best of our ability then this is a good time to try harder.

Believe means to trust in something. During Lent we are invited to believe in the Gospel.



The Gospel is referred to as good news because it really is good news! It is filled with life giving messages inspired by God. You might even say that it contains many love letters from God. Jesus was sent by God to show that we are loved, more than we can imagine (John 3:16). The cross reminds us that Jesus believes we are worth dying for. God, the creator of the whole universe, cares about each and every one of us. What we are asked to do is to take it to heart, cherish it and believe it!