



LWML CNH CHRISTIAN LIFE LINE

FEBRUARY 2023

Cathey King - VP, Christian Life

A quick medical report: I am off the oxygen during the day! The procedure is set for February 1. I pray that it solves the problem, and I will be completely back to normal. Please join me in that prayer. Thank you.

It's Lent Already?

We should all be used to the speed with which Lent sneaks up after Christmas, but it's always a surprise to me! I look forward to this time of reflection and penitence to step back from my daily life and focus on my Jesus and what He has done for me.

I often identify with the hymn, "Chief of Sinners Though I Be", knowing that I can never stop sinning. I take great comfort in the words in [Romans 5:8](#), "but God shows his love for us in that while we were still sinners, Christ died for us". Lent is an opportunity to focus on Christ's roll in our lives.

I would like to share a couple of Lenten ideas with you. The following is an article I wrote in 1997. It was true then and is still true today.

A Lenten Challenge

As the season of Lent approaches, many Christians embrace the tradition of fasting from or "giving up" a favorite food to daily recall Christ's sacrifice on the cross.

An article in the [Lutheran Women Today](#) suggests a much more productive fast. It states, "fast from something that comes between you and God, steals your time and energy, wastes resources or hurts you or others". While this 'something' may be a special food, it may, instead, be a petty grudge, an unforgiving heart, a useless activity, or a bad habit. With God's help, fasting from that which is unwholesome will promote a more Christ-like attitude. In

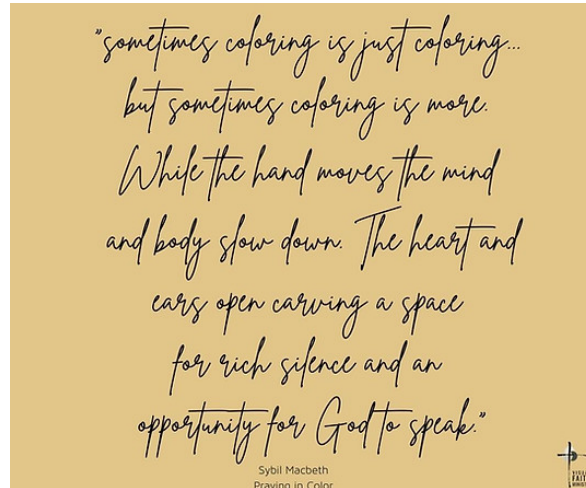
Philippians 4:8 Paul writes, "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things". (ESV)

A Bible study resource explains, "to fast is to go without something in order to have time and ability to concentrate upon prayer to God for forgiveness and blessing". The 'something' here might be a TV show, a sports event, or a murder mystery novel. How much more eternal of a reward will be received from spending 'sacrificial' time with the Creator, to talk, study about, and receive forgiveness and blessing from Him. Philippians 1:9-11, tells us, "And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God." (ESV)

As we remember all that Jesus has done for us sinners – living a sinless life, dying on a cross, rising from the dead, giving us righteousness, living in us to guide the works that are prepared for us, what could be easier than spending Lent with Him, being repentant and thankful, showing our love for Him?

Other Lenten Disciplines

If you enjoy Bible journaling, coloring, or are more of a writer, I want to suggest visualfaithmin.org. Please check out all the prayer calendars, Bible margins, scripture, and many coloring pages that are available for free. The Lutheran women who oversee this website provide endless ways to worship our Lord. LWML's own Eden Keefe, a National office holder, is part of this group.



As the penitential season begins, I pray that God will reveal the special way He wants to relate with you, to grow you and your faith. Whatever He leads you to do this Lenten season, may you receive abundant Lenten blessings from our generous, loving God.

Love, Cathey



DON'T MISS THIS!

CNH Retreat will be held at Oakhurst, August 25-27, 2023

"Unwrapping Your Spiritual Gifts"

Bible study led by Michelle Ule

"Now there are varieties of gifts, but the same Spirit." 1 Corinthians 12:4

Music Leader is Melody Hues