



RENEWED BY THE SPIRIT

LENT 2020 – WEEK 1

Anchor Scriptures

Psalms 139:1-16

Luke 18: 9-14



SIGNIFICANCE OF FASTING

Lent is the time when we remember those things that weaken our relationship with God. These could be our perceptions and attitudes towards life and others. Our character also plays an important part of our relationship with God. Our habits, actions, words, practices, traditions and all that informs us of who we have been shaped to be by those things that influence us.

In order for our relationship to grow stronger over these 40 days of fasting, we must identify these hinderances and commit to give them up so that we can be renewed people. We need the guidance of the Holy Spirit to do this so that we allow God to transform us as best as God wills.

We must be careful therefore of just giving up things as a tradition, but it must be the things that will have a direct impact on our character. This is more challenging than just giving up meat, cold drink or things like that. Fasting is like a surgical procedure that removes the troubling organ so that we can live better as we become healed each day after the procedure. May you be renewed by the Spirit this Lenten journey.

Shalom,
Rev Sva Waqu

Things To Consider This Week:

What has been your moment of pride this past while or in life that may detach you from God?

What has been the lowest moment of your life that you are struggling with that may drive you away from God?

Can you remember where you met God in your life? How did it feel like?

What conversation may you want to have with God this week about your life, especially a confession?

What conversation may God be having with you this week? Any affirmations or challenges?

What new steps do you want to take in allowing God to direct your life?

Pray as you Journal each day this week.

Breath Prayer

Lord may I be renewed by your Holy Spirit in the best way you see fit. Give me the courage to live as you will for me. Amen.