

**Lent - a season of simple rejuvenation.**

Lent is a season of spiritual discipline and growth, penitence, conversion, and simplicity.

**Ash Wednesday** is the first day of a forty day Lenten journey of looking at ourselves through God's eyes and find true renewal, that we may be able to truly embrace the victory of Jesus on Easter Sunday.

Lent is a season to take a spiritual inventory, cleaning out those things which hinder our personal relationships with Jesus Christ and our service to him in his Body.

This is why Lent begins with repentance - today on Ash Wednesday.

It is an earnest, focused, yet simple spiritual journey that brings about a closer walk with God. Our emotions can get rid of obsessions, fear, sadness and emotional pain. This happens when we focus on becoming more and more like Christ, *becoming by grace, what God is by nature.*

There are very basic Christian tasks associated with the Season of Lent. These are fasting, almsgiving, prayer and, most importantly, contemplating the suffering of our Lord Jesus Christ, that we may be ready to embrace the victory of our Lord at our Easter Communion.

***When we consider the bodily and emotional suffering and torment of Jesus when he carried all our sins and was punished for all our iniquities, even forsaken by God his Father, we see the Light of Jesus in the Father's love who gave his only begotten Son for us.***

The wealth of spiritual renewal that comes through grateful sacrifices and discipline restores my understanding of the love of God and of being his child.

I am redirected onto the way of God's purpose to only live for his glory. And by grace, through faith, the Word of God rejuvenates my servant's heart through grateful love for everything Jesus my Lord and Saviour, did for me!

May you experience a blessed Ash Wednesday, today!