

We embrace spiritual disciplines that deepen our walk with Jesus during Lent. We may consider what is life-giving in our lives. What brings us deeper meaning in life and connection to God? What gives us life? God calls us to be mindful, to turn away from the distractions that we might believe are the easier path. We are invited to repeatedly return to the spiritual practices that nourish and sustain us. Distractions may appear to be the easier path, but God is calling us to something greater, confessing our sins, being baptized, and claimed as one of God's own.

We are invited to reexamine and reevaluate how our spiritual practices may support our daily lives. We might not happily embrace spiritual disciplines. They're sometimes hard at first, then eventually become routine, and even grow into a practice that one cannot imagine living without. Our Christian path invites us to be intentional about our choices and even experiment with trying things another way. We have the opportunity to enter into darkness, stillness, and embrace spiritual disciplines that may bring us closer to God throughout this season of Lent.

No matter who we are, what family we grew up in, what we have done or not done, we are God's own. Spiritual practice helps us to remember that God's complete love surrounds us in baptism and we may be assured that we are also being told. "You are my son, you are my daughter, my beloved; with you I am well pleased."

By Fr. Christopher Szarke