Giving Anything Up for Lent?

During Lent it's not unusual for people to ask, "What are you giving up for Lent this year?" Personally, I've never felt the need to "give up something for Lent." Instead, I see Lent as a time for joyful simplicity with an intentional focus on spending quality time with God and enjoying the everyday things in life. For me, simplicity may mean adding things: walks with friends or those special to me; spending time enjoying the sun rising and setting instead of watching TV or working too late; making good meals and relaxing while eating instead of running off to the next activity; finding ways to volunteer and be of service to others; saying "I love you" when someone is being negative or frustrated; expressing gratitude instead of complaining. As I try to live this way, the inner peace and freedom I experience is life changing. Interestingly, with this attitude, repentance, self-examination and the reality of forgiveness helps me experience God's love and grace more fully--helping me live in celebration rather than judgment and fear.

What will you "give up or add" this Lent? What might it look like for you to live in simplicity and experience celebration of knowing God's embrace more fully?

Consider joining us each Sunday for worship, Living Wednesdays Dinner Church, Sunday School or participate in the Lent Outreach events as we share our Lenten journey at MCC Richmond. As we gather together we will hear the message of God's ultimate message of love for us, be fed from God's welcome table of grace and experience God's Spirit moving among us.

Have a joyful Lent rejoicing in the simplicity of experiencing God's transforming love.