

**KNOWING,
GROWING,
& SHARING CHRIST
THIS LENT @ FRONT STREET**

KNOWING CHRIST

Worship With Us from home on Sundays @ 8:30 a.m. (YouTube) and 11:00 a.m. (Facebook/YouTube).

GROWING IN CHRIST

Join a Virtual Bible Study

- 1) Wednesdays @ 10 a.m.— Book of Luke with Pastor Ross
- 2) Thursdays @ 7:00 p.m.— Book of Ruth with Pastor Patrick

Find the Zoom links in Tuesday's "Front Street Happenings" email. Recordings of each study are available on our website.

SHARING CHRIST

Project AGAPE Collection

Support Project AGAPE as they work to help internally displaced persons in Armenia due to military conflict. Drop off specific items (kitchen items; tables & chairs; new bed linens, pillows and blankets; new or like new children's clothes; new shoes) in the Welcome Center by March 19.

March Mission Food Distribution

Two opportunities to join us in packing up and distributing food to the community:

- 1) March 18 (1-5 p.m.) Packing 200 bags of food in Aldersgate Hall
- 2) March 20 (10 a.m.-noon) Distributing bags in a drive thru line to families & individuals

Both events will be physically distanced and gloves will be provided. Please wear a mask.



At-Home Activities for a Holy Lent

SALT & LIGHT

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5:13-16

Reflection: Have we brought out the God-flavor in the world around us or do we just settle for the world's norms? Do we bring the light of salvation with us when we enter a room or join a group? Do we taste salty and does the world desire living water because of interaction with us? Have we hidden our God-given light under a bushel just to go down the path of least resistance?

Action: Light a candle and find a salt shaker. Gaze at the light and notice how it pushes back the darkness. Take just a very small pinch of salt and put it on your tongue. Could this be anything but salt? When the world experiences us, should it not say, could this be anything but a Christian?

FORGIVENESS

For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Matthew 6:14-15

Reflection: Think of something someone has done to you for which you have not truly forgiven them. Consider that God has forgiven you for everything that you have done and will do. God calls us to forgive as we desire to be forgiven.

Action: Write down the name of the person or the act that hurt you. You need only write one or two words that remind you of the hurt. After you have written the sin against you on the paper, wad the paper up and put it in the trash can and walk away. Or you may choose to carefully burn it. No one will see what is on the paper but you and God. However you dispose of it, know it is gone forever. Don't go back to dig through the garbage or ashes later on. Let it go with true forgiveness.

Activities for each week of Lent



The season of Lent began as a practice of the early Church, which observed the days of Jesus's passion and resurrection with great devotion. Very soon Lent became part of the Christian year as a forty-day period (minus Sundays) of

preparation before celebrating Easter, especially for those wishing to be baptized. The Church today marks the season by focusing on our mortality as God's creatures through self-examination, repentance, prayer, fasting, and selfless giving. In essence, Lent is a time of "giving things up" balanced by "giving to" those in need as we recommit ourselves to the life Jesus has opened to us in his death and resurrection.

Lent leads us to the cross and the darkness of Golgotha, it also leads us to a deeper dependency on God's grace as people of faith. So really, Lent is the church's springtime. In fact, that's what the word "lent" means—spring. We might imagine an image of Lent as God mercifully melting away the winter of our sin and shame so that this new life of resurrection and joy can take root and grow. Living a holy Lent should immerse us deeply in the reading of Scripture, self-reflection, and prayer that focus us on the heart of God.

If we dare to take the season seriously, we'll find on the other side that our sacrifices and struggles—both for others and ourselves—have made us stronger disciples of Jesus.

CLAY

This is the word that came to Jeremiah from the Lord: "Go down to the potter's house, and there I will give you my message." So I went down to the potter's house, and I saw him working at the wheel. But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him. Then the word of the Lord came to me. He said, "Can I not do with you, Israel, as this potter does?" declares the Lord. "Like clay in the hand of the potter, so are you in my hand, Israel. Jeremiah 18:1-6

Reflection: One of the ways in which sin is described in the Bible is as a "hardness of heart." Do you ever feel that your heart is hard, that it is inflexible or judgmental? Do you keep your guard up in your relationships with others and/or with God? Reflect on the way in which this is true.

Action: Take a piece of clay. Warm it in your hands and knead it until it becomes pliable. Give it a new shape – perhaps a small bowl which could symbolize receptivity to God and to God's forgiving love.

OIL

The thought of my affliction and my homelessness is wormwood and gall! My soul continually thinks of it and is bowed down within me. But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness. Lamentations 3:19-23

Reflection: The author of Lamentations spends most of their time complaining, both about the world's afflictions and their own. One thought gives them peace: the steadfast love of God. The knowledge of God's unshakable love, even in the midst of trouble, is finally the grease which makes the squeaky wheel of lamentation fall silent.

Action: Pour some olive oil in a small bowl. Dip your finger in the oil and smooth it onto the back of your hand. As you do, reflect on the parts of your life which are stiff and squeaky – places where you are stuck, places which give you cause for continual complaint. Consider how the love of God might lubricate these parts of your life, renewing them, making them usable in a way they have not been before.

WATER

Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit. Psalm 51:10-12

Reflection: One of the ways in which we can understand Lent is to see it as "Spring Cleaning." Just as we will clean our houses in preparation for a visit from a special guest, so we take time to examine our lives in preparation for our encounter with the risen Christ at Easter. Are there closets where you store past resentments? Clean them out! Is there a sink full of dishes with the residue of negative behaviors? Start scrubbing!

Action: Dip your hands into a bowl of water, and wipe your hands dry on a cloth. As you do so, reflect on what your life could be like, thoroughly rinsed with God's love. Give thanks for God's cleansing love.