Lent began this past Wednesday, on Ash Wednesday. It’s an important time in the church’s life and also for each individual believer. A time for us to go deeper into Scripture, to spend some time in self-examination and reflection. A time for prayer. It’s a good discipline as we prepare for the great mystery of our faith, Maundy Thursday, Good Friday, the Easter vigil and Easter itself.

Many of us are taking on extra projects or maybe giving some things up for Lent, and that’s good. In fact, the Southeastern Synod and Kevin Strickland have issued the 40/40/40 challenge: 40 days of Lent, 40 miles and 40 dollars. I’d like to hear from the rest of you what you are planning in your synods and congregations.

But lest Lent become another work or a burden to me or to others, I want to share this prayer that my spiritual director gave to me. It’s just this: “Good and gracious God, open in me the desire to desire what you desire for me. Amen.”

Be well, dear church.