

LENT MEDITATIONS

Ash Wednesday

The **name of the LORD** is a strong tower; the righteous runs into it and is safe. *Prov. 18:10* During Lent, which starts today, we spend extra time in self-reflection. But be careful not to stop with a focus on yourself. That can be discouraging. Focus on God's power to transform you! Today's verse says to trust in the "name of the Lord". In the Bible, someone's name was a sign of their character. Running to the name of the Lord means remembering the character of God when you're depressed or tempted or sad or anxious: God is gracious. God is powerful. God is compassionate. And of course, the ultimate "name of the Lord" is... "Jesus". In today's "Worship Wednesday" video devo, I show a song our worship team did that expresses this truth in music. Lean into the name of the Lord today!

Thursday

Read Mark 8:31-33. Here Jesus says to Peter, "get behind me, Satan"! That's because Peter was tempting him to abandon his mission. Jesus came to die. Jesus' death was unique, yet all Christians are called to die, in a sense: We are called to follow Christ, even if it harms us socially or politically or financially. And the voice of Peter sounds for us too. We can be tempted to preserve ourselves at all costs. But sometimes we need to tell our instincts at self-preservation to "get behind me". Ask God to help you have an "I don't have to survive" attitude.

Friday

Read Mark 8:34-36. Here Jesus calls us to "deny ourselves" and in effect die to ourselves. What do you think this means? Watch today's daily video devo for some of Rene's thoughts on this passage, then ask God to help you "die" to aspects of your life that are killing you, and to move into the new abundant life He has for you to live!

Saturday

In preparation for this weekend's message, read Mark 10:32-45. Why does Jesus say he has to die, according to verse 45? This means he gave his life as a ransom for *you*. This weekend come prepared to worship God for this amazing gift!



START IMPROVING MY SELF-CONTROL

RENE SCHLAEPPER
FEBRUARY 10 & 11

Like a **city whose walls are broken through** is a person who lacks self-control. Proverbs 25:28 NIV

THE PROBLEM OF SELF-CONTROL

Listen, my son, and be wise, and set your heart on the right path: Do not join those who **drink too much** wine or **gorge themselves** on meat, for drunkards and gluttons become **poor**, and drowsiness clothes them in **rags**. Proverbs 23:19-21 NIV

Self-control is the ability to distinguish between

_____ things and _____ things

THE PRACTICE OF SELF-CONTROL

1. Take _____

The prudent **understand where they are going**, but fools **deceive themselves**. Proverbs 14:8 NLT

Some people ruin themselves by their own stupid actions and they blame the Lord. Proverbs 19:3 GN

2. Believe _____

Fearing people is a dangerous trap, but **trusting the LORD** means safety. Proverbs 29:25 NLT

3. Focus _____

Be careful how you **think**; your life is shaped by your **thoughts**. Proverbs 4:23 GN

The **name of the LORD** is a strong tower; the righteous runs into it and is safe. Proverbs 18:10 NASB

"The name of the Lord": The true _____ of God

WHAT'S THE BEST THING I CAN FOCUS ON?

Let us **fix our eyes on Jesus**, the pioneer and perfecter of our faith, who for the joy set before Him endured the cross... Hebrews 12:2a BSB

Why, as though you still belonged to the world, do you submit to its rules: "Do not handle! Do not taste! Do not touch!"? ...Such regulations indeed have an appearance of wisdom with their harsh treatment of the body... but they lack any value in restraining sensual indulgence... **set your hearts on things above**, where Christ is, seated at the right hand of God. **Set your minds on things above**, not on earthly things. Colossians 2:20-23; 3:1,2 NIV

STARTING NEXT WEEKEND

A chance to focus on Jesus during Lent

What is Lent?

40 days of fasting and repentance before Easter

Why fast?

- It reminds your _____ who's _____
- It gives you more _____ with _____

Never underestimate the transforming effect of

NEW WEEKEND SERIES:

