

Daily Devotion For March 5, 2022

"I want to know Christ, yes, to know the power of his resurrection and participate in his sufferings, becoming like him in death, and so, somehow, attaining to the resurrection from the dead." Philippians 3:10

In yesterday's devotion, I spoke that the season of Lent began on Wednesday with Ash Wednesday. So, you may be asking, where does Lent come from and who started it?

The Lenten season developed as part of the historical Christian calendar and is typically celebrated by Catholics and some mainline Protestant churches that follow a liturgical calendar. Although its format has varied throughout the centuries and throughout different cultures, the basic concept remains the same: the season of Lent is meant to open our hearts to God's refining grace through **prayer, confession, fasting, and almsgiving** as we anticipate Holy Week.

Lent is an intensely penitential time as we examine our sinful nature and return to the God through repentance for our sins.

Thought For Today: Lent is an opportunity to contemplate what our Lord did for us on the Cross. Take time today to confess your sins to God and thank Him for the great sacrifice of His son Jesus upon the cross of Calvary. Claim the forgiveness that we have through Christ.

Today's Prayer Focus: Praise God that Mitchell Leong was accepted into the Fuller School of Psychology and will begin classes in the fall. Both Mitchell and Emily will be coming to Pasadena. Continued prayers for Rick Hattori as he remains at CHOMP. Deo Volente.