

Lead Me To Calvary



LENT 2025 Program Guide

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What is Lent?

Lent is the 40-day period prior to Easter, and it represents the 40 Days that Jesus was in the wilderness when he endured temptation by Satan. The period is also symbolic of Jesus' long journey to the cross. It gives believers an opportunity to set worldly cares aside and, through personal self denial and self examination, identify (and be identified with) the experience of Jesus. As we set self aside, we walk with Jesus. If we walk with Jesus to the cross, we will also be able to fully celebrate being raised with Him at Resurrection.

Lent actually covers an elapsed time of 46 days from Ash Wednesday to Resurrection Sunday, including 6 Sundays. The 40-Day journey of Lent does not include the Sundays, because Sundays are all (by definition) celebrations of the Resurrection (Mark 16:2, Acts 20:7). The days in the wilderness were Jesus' time of preparation for ministry. During the Lenten Season we spend our time journeying with Jesus and experiencing the transformative power of sacrifice in our lives.

What Is Ash Wednesday?

Ash Wednesday is the day that initiates Lent. Ashes were used in ancient times, according to God's Word, to express *repentance*. Dusting oneself with ashes was a repentant person's way of expressing sorrow for sins and faults. Job 42:3-6. Ashes are placed on the head as visible symbol that one has entered a period of self-denial (to hear from God), self-examination (to see our lives from God's perspective), mourning for sin (to develop a heart for God), and determination to change (to commit our ways to God).

What Should We Do During Lent?

- A. PRAY (Luke 11:9, James 4:8)** Seeking God is the key activity of this season.
1. Personal prayer – at least 15-30 minutes per day, with the scripture readings listed in weekly bulletin, or a daily devotional book.

2. Collective prayer – at least once per week
 - a) **AT HOUR OF POWER AND BIBLE STUDY** – see weekly bulletin.
 - b) **ON MT PISGAH'S PRAYER LINE – Mondays at 8:30 pm.**
The Conference Call dial in number is **(267) 807-9605**. The Access Code is **316 885#**
 - c) **ATTEND OUR FIRST FRIDAY PRAYERS FOR PEACE GATHERINGS.** <https://zoom.us/j/2153866181> Dial In: 1-929-205-6099, Zoom ID 215 386 6181.

- B. EXAMINE OURSELVES:** After listening to God, it's time to look at YOU. This must be an honest, searching look that uses God's Word (not our preferences) for evaluation. (2 Cor. 13:5-6). Take some time and write down the thoughts/qualities, behaviors in your life that you believe God would count as strengths, and what you believe God would consider weaknesses. (Be careful to find out what GOD'S WORD says about them, and what believers who care about you think, not just what you think yourself!)
- C. REPENT:** Determine to change those things that you have the power to change. You cannot change other people, but with God's help, doing a new thing is possible. True repentance involves ALL of the following:
- (a) A sense of sorrow for sin (Psalm 51:4-10)
 - (b) An appreciation of God's mercy in Christ (Psalm 130:4),
 - (c) A hatred for behaviors that God disapproves of (Psalm 119:128)
 - (d) Willingness to do what it takes to not do it again, including avoiding "triggers" that lead you to the behavior (Matthew 5:27-30).
- D. DENY OURSELVES and/or FAST:** Fasting is refraining from fulfilling an appetite or desire for a specific time for a spiritual purpose. The point of fasting is to apply the time, energy, and attention that you would give to fulfilling the appetite to activities that will make your relationship with God stronger. Fasting is a way to empower the spiritual you to take authority over the physical and emotional you. Fasting is encouraged during this period as a means of giving us spiritual power and focus, both individually and collectively. See attached Fasting Guide.

E. TAKE CARE OF OURSELVES: Along with our targeted fasting, let us make a renewed commitment during this season to care for our bodies, minds, and spirits. Let's commit to the following:

1. Daily exercise or movement – Working out, walking, dancing, or simply moving and/or stretching.
2. Getting adequate rest – set a bedtime and stick to it.
3. Exercise your mind – Read, write, have stimulating conversations, or play games that stimulate the mind like crossword puzzles, chess, or maybe Sudoku.

F. MAKE A SACRIFICE: God has always required sacrifices from the belongings of God's people as part of their worship. Put aside a special sacrificial offering to be given on Resurrection Sunday in addition to Your regular tithe.

G. STAY IN FELLOWSHIP: Let's make every effort to take advantage of the opportunity to gather in fellowship together. Also, let's make a special effort during Lent to stay in touch BETWEEN Sundays. When you can't participate in person, be sure and attend virtually.