

FROM THE DESK OF

Pastor Mike

Why Lent Matters (and Why We Practice a Fast).

Lent is a season the church has practiced for centuries, not because God needs it—but because we do.

In the Wesleyan tradition, Lent is not about proving devotion or earning God's favor. It's about making space for grace to do its work. John Wesley believed that God is always at work in us—shaping us, healing us, drawing us toward love. Lent is a season where we intentionally cooperate with that grace.

Lent Creates Space for God

Our lives are full.

Our minds are crowded.

Our hearts are often distracted.

Lent slows us down on purpose.

It's a season to ask honest questions:

- What has my attention?
- What is shaping my habits?
- Where do I feel spiritually dull or disconnected?

Lent doesn't rush to fix those things.

It simply creates space for God to meet us there.

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The Fast Is About Freedom, Not Punishment

When people hear “fast,” they often think of deprivation or religious rules. But in Wesleyan theology, fasting is a means of grace—a practice that helps us become more aware of God’s presence and activity in our lives.

A Lenten fast can look different for different people.

Sometimes it means giving something up:

- something that distracts
- something that numbs
- something that fills space God might want to inhabit

Other times it means adding a new rhythm:

- daily prayer
- Scripture reading
- intentional generosity
- serving others
- practicing silence or gratitude

The goal is not self-control.

The goal is attention.

We fast so we can notice what we usually ignore—and so we can listen more closely to God.

Grace Comes First—Always

In Wesleyan theology, we never practice disciplines to make God love us more. God’s grace comes first. Always.

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Lent is our response to grace, not a requirement for it. We fast, pray, and reflect not to earn forgiveness, but because we have already been met with mercy. These practices help us receive that mercy more deeply and allow it to shape our daily lives.

Sundays Are Feast Days

One important Wesleyan insight is this: Sundays in Lent are not fast days—they are feast days. Every Sunday is a celebration of the resurrection.

That means:

- We don't fast on Sundays to punish ourselves
- We gather to remember joy, grace, and hope
- We are reminded that Lent is moving us toward Easter, not away from joy

This rhythm teaches us something beautiful:

- repentance and celebration belong together
- discipline and delight are not opposites
- God's grace sustains us even in seasons of reflection

Lent Is About Becoming More Like Christ At its heart, Lent is about formation.

It's about allowing God to gently shape us into people who:

- love more deeply
- listen more carefully
- live more intentionally
- trust more fully

Lent doesn't demand perfection.

It invites honesty. It doesn't shame weakness. It assumes it—and meets it with grace.

At Resurrection Church, Lent is not about doing more. It's about making room.

And we trust that when we do, God will be faithful to meet us there.

Grace & Peace



Rev. Michael Randle

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Lent - FAQ

What is Lent?

Lent is a 40-day season (not counting Sundays) that leads us toward Easter. It's a time to slow down, reflect, and make space for God to shape our lives more deeply.

Why does the church observe Lent?

Lent helps us become more attentive to God's presence in our everyday lives. In Wesleyan theology, it's not about earning God's love—it's about cooperating with the grace that is already at work in us.

What is a Lenten fast?

A Lenten fast is a spiritual practice meant to help us refocus our hearts. It's not about deprivation for its own sake—it's about creating space for God.

Does fasting always mean giving something up?

No. Some people give something up that distracts or numbs them. Others add a new rhythm, like prayer, Scripture reading, generosity, serving others, or intentional rest. The goal is not willpower—the goal is awareness and openness to God.

What if I've never practiced Lent before?

That's okay. Lent is not about doing it "right." It's about choosing a simple, meaningful practice that helps you pay attention to God's grace in your life.

What happens if I miss a day or change my practice?

Grace happens. Lent is not a performance. It's a journey. If something isn't helpful, you're free to adjust. God is more interested in your heart than your consistency.

Why don't we fast on Sundays?

In the Wesleyan tradition, Sundays are always feast days—celebrations of the resurrection. Even during Lent, Sundays remind us that joy and grace are never absent from the Christian life.

What is the purpose of Lent, ultimately?

Lent helps us become more loving, more attentive, and more open to transformation. It prepares us not just to celebrate Easter—but to live as people shaped by resurrection hope.