



# FAITH MATTERS

## INTENTIONALITY

FEBRUARY 17, 2012

The first day of Lent, Ash Wednesday, arrives next week. I mention this now so that you have opportunity to actually make something of it, something intentionally spiritually relevant. Intentionality is key—to choose to focus heart and mind for a period of time on matters of spirit and faith.

Here's an obvious truth: to determine what you actually value, audit how you spend time and focused energy. What do you routinely choose to do? What captures your attention? Compare that with what you claim to be your deepest values. You've heard me say this aphorism a bunch of times, but I never tire of repeating it: "What you do screams so loud I can't hear what you say."

Based on your spiritual yearnings, why not intentionally commit to observing a holy Lent? Here are a few easy handholds: 1) Mark the beginning of Lent by attending one of our Ash Wednesday services (12:30 & 6:30). 2) Make use of the daily Lenten reflection booklet you'll be receiving in the mail shortly. (You can also pick one up at church). When it arrives note the five spiritual disciplines around which the meditations are structured. Read the descriptive pages for prayer, fasting, sabbath, worship, and service and then make a conscious decision to practice them.

3) Make attending the Thursday evening and Sunday morning services whenever possible one of your disciplines.

There are other things that can be done of course, but we've created and organized these three options especially for you. Whether or not you make good use of them depends entirely upon your intentionality. The spiritual quest is inner directed, inner motivated. No one can make someone else step onto the path. It must be chosen. Why not choose it this year?

A handwritten signature in blue ink, which appears to read "Stephen".