

Engage: An Introduction to the Lenten Guide



How much of your life is spent “getting ready?” When your feet hit the floor in the morning – after the cobwebs clear from your mind – where are your thoughts? Maybe you are instantly flooded by the tasks on your daily to-do list. **After all, the “busy-ness” epidemic still dominates many of our lives.** We have work, we have kids in school, we have church on the weekends. Approaching any of these things carelessly could tangle up our already tight schedules.

We are getting ready to enter another beautiful season of the Church calendar. Lent is coming, which is itself a time of preparation. In a way, it’s like those first moments of your morning. It is a time for clearing away some of those cobwebs that distract us from truly living our life with God as we prepare for Easter. And it can actually be a cure for the “busy-ness” epidemic because it helps us put aside things that occupy too much space in our minds.

The idea of putting things aside is important, but we must not forget that **Lent is not about negating things.** True, we do cut things out of our lives during Lent, but the purpose is not so we can suffer through a decrease in our enjoyment forty days. It is about actively embracing the truth that begins with our sin and ends with Jesus beating death – and setting us free from it. It starts with humility and moves toward the great celebration of Christ’s resurrection.

At Renovaré we place high value on celebrating Lent, as Christians have done for almost 2000 years. I know I want to spend these forty days drawing nearer to the Father, and I’m sure you do too. This is why we asked Kai Nilsen to develop our Lenten devotional, *Engage: A Lenten Guide for Spiritual Growth*, and it will help you do just what it says.

Engage will give you the chance to view Lent through the lens of the spiritual disciplines of engagement. As you spend time with the concepts in this devotional, your experience during Lent will be enriched by submission, worship, study, service, celebration, and community. Each discipline will help shape your perspective on how to celebrate Lent actively rather than passively. When the forty days are done, I think you will be able to celebrate Easter in a deeper way.

I cannot encourage you enough to get a copy of *Engage: A Lenten Guide for Spiritual Growth*.