

Penitence

March 18

Read: Psalm 79

Tanis Bouwknecht

"How long, O Lord? Will you be angry forever? Will your jealous wrath burn like fire?" Psalm 79:5

Lent is a season for Christians to prepare themselves for Easter, to look back at the reason Jesus hung on the cross, and to take their part in his suffering. Its purpose is to encourage spiritual growth and penitence. Through fasting, it gives us an opportunity to experience self-denial and simplicity. As we fast we are reminded of the sin that led to Jesus' death and know that sin still lives in all of us today.

We would likely have acted the same way as the disciples, falling asleep and denying Jesus under pressure. Penitence is defined as "a feeling of regret for one's sins or misdeeds" and it is this very feeling that will lead us to a spiritual newness in our lives this Easter season.

Jesus went to the cross to answer the question of God's wrath and once and for all the price was paid for our sins. Will you take your part this season and offer thanks to our Lord for his gift of life?

Prayer: Father thank you that you loved us even when we were sinners. You loved us so much that you gave your Son so that we might be free. Let our hearts be renewed this season in remembering you through small sacrifices in our lives. May your name be praised now and forever. In Jesus name, AMEN.
