## Lent

- 40 days from Ash Wednesday to Easter
- Historically Church fasts during Lent (with exception of Sundays) as way of identifying with Jesus in wilderness and preparing for Easter
- Fast voluntarily abstain from eating:
  - Certain foods
  - Certain meals
  - On certain days
- If physically unable to fast, then abstain from something else
- Pray for someone who needs Easter
- Pray for breakthroughs in physical healing

## Recap



- Healed a man born blind
- Man kicked out of synagogue because he won't say Jesus is a sinner
- Closing words of ch9-Jesus said, "If you (Pharisees) were blind, you would not be guilty of sin; but now that you claim you can see, your guilt remains.



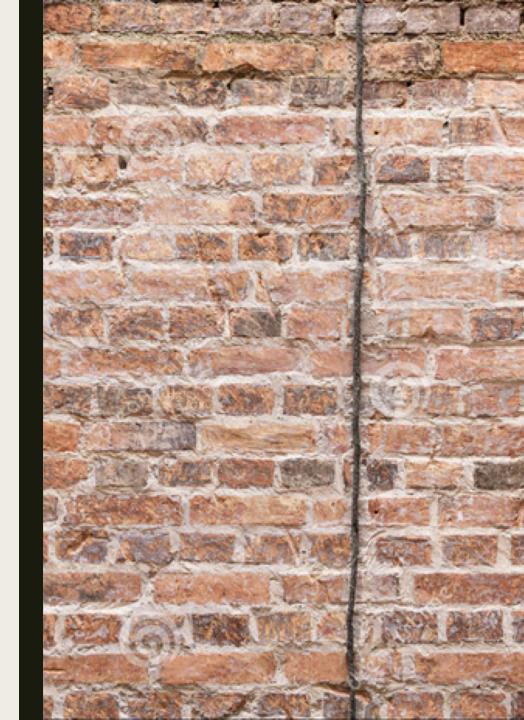




## Jesus protects our hearts

Philippians 4.8: Finally, brothers and sisters,

- whatever is true- genuine, real, conforms to reality
- whatever is noble- worthy of respect
- whatever is right- conforms to God's standards
- whatever is pure- free from sin, innocent
- whatever is lovely- pleasing, agreeable
- whatever is admirable- deserving of praise due to it's goodness
- if anything is excellent or praiseworthy think about such things.



## Jesus guides us through our day

Matthew 6.13- And lead us not into temptation, but deliver us from the evil one.

