

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 its 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.

