

## **Lent: Deconstructing Into Wholeness**

by Bob Holmes, on Contemplative Monk website (<http://contemplativemonk.com>)

I never understood Lent. I never got it. I've always thought Lent was some superstitious season where you give up chocolate so God will bless you. Not until now. Not until this year. We're living in a time of deep social and spiritual upheaval. We're off auto-pilot, and we're reassessing everything. I believe that we as a people, and as a nation, are in a season of Lent. What are you going to do with it?

In your relationships with one another, have the same mind as Christ Jesus:

*Though he was God, he didn't think of equality with God as something to grasp, rather, he emptied himself, taking the very nature of a servant, being born a human being. And being found in the form of a man, he humbled himself, becoming obedient unto death, even the death of the cross. ~ Philippians 2:5*

Lent is the church season we die to ourselves, lament our loss, fast, and pray, to be enabled to live a resurrected incarnational 'Christ in us' life. No one lives a resurrected life without dying daily. Here are some observations I hope will stir your heart, and you'll find them useful.

- Lent is a 40 day season dedicated to repentance, fasting, and prayer.
- Lent is the season of interior descent, examination, and reflection.
- Lent is forty days because Jesus was tested for forty days in the wilderness. It takes intentional time and focus to deconstruct our denial, pretense, and posturing.
- Lent is the season we die to our hopes, our dreams, and our agenda's, to empty ourselves out.
- Lent is the season you come clean.
- Lent: It's time to get real with God, to Fast, Pray, Weep, Morn...to let go and to let God be God in our lives.
- Lent is the season where we might be laid bare to God's grace, mercy, and light. We are naked before God.
- Lent is the church season dedicated to falling apart.
- Lent is the time we rip our clothes, throw dust into the air, and cry, Oy Vey.
- Lent is the season we die to our ego and are stripped bare.
- Lent is dying before we die, so that we might live.
- Lent is when we lay things down, to recover those things which should never have been forgotten.
- Lent is when we die to the spirit of this world, so we might plug into the Spirit of God.
- Lent is the season for cleaning out the springs of our heart.
- Lent is the season for spiritual, emotional, mental, and physical detox.
- Lent is the season to Reboot.
- Lent is a 'trust fall' into the arms of God.
- Lent is the divine interrupt you've been waiting for your whole life.
- Lent is deconstructing into wholeness.

What are you going to do?

Now may the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you and abide in you, forevermore.

Notes: Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word *lencten*, which means "spring." The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.

Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism.