

**Man does not live on bread alone.**

Have you ever considered how amazingly soft we have become in this part of the world? We drive everywhere. We are shocked when there is a shortage of tomatoes.

We live in homes that are generally central heated. Then as a result of war in the Ukraine heating bills arise and we call it our heating crisis

We are bombarded with radios, televisions, computers, and the internet. Then quite amazingly can proclaim that we are bored. Boredom in the majority of cases affects boring people.

Do something for lent to make you stronger

Walk slowly

Or cut out fast food

Wear an extra jumper

And send the saving to the Ukraine

Read a book

Or even pray in silence for only ten minutes

Have you ever considered how easy it is to take others for granted? Realising the significance only after illness or death.

Do you know how expensive it is to be poor, and how blessed you are to have come from such a home or found such a job.

We all know of people who have fallen prey to alcohol, or drugs. There but for the grace of God go you and I. There but for the grace of God

Do something for lent to make you more sensitive.

Pray each day for a different member of your family living and dead.

Then note what they have done for you

Do without

Potatoes, a taxi, a flippant thing that only has significance when you miss it. The fact that you have earned it only enhances the blessing that it is.

Each day make a real act of contrition. Attempt to recognise by events, the faults you have.

See beyond the deception of well-being, or anxiety

There is in this country a crumbling health service, but it is there. We have a police force, still thankfully subject to public opinion. There is a postal service. Rail. Roads. Education.

All of these groups of workers and management have their faults

They serve

In what way do you serve?

Who do you serve?

Do you simply expect all of these kingdoms in all their splendour to serve you?

Or do you worship the Lord your God

And serve him.

Which implies that you will do something for lent

To serve family, to serve strangers, to serve your humility.

Jesus Christ himself was tempted physically, emotionally, and politically

In the desert such temptation is obvious

It is in comfort that we can hide behind the deceptions of apparent security

During lent step out of your comfort zone

Physically

Emotionally

And politically

