

**TODAY'S
SCRIPTURE
LESSON:
Luke
5:33-39**

**TITLE:
"Flexing Your
Spiritual
Muscle"**

2017 LENTEN SEASON

March 1st --> Ash Wed.;
 March 5th --> **1st Lent Sun.**;
 March 12th --> 2nd Lent Sun.;
 March 19th --> **17th Annv.Sun.**;
 March 26th --> 4th Lent Sun.;
 April 2nd --> 5th Lent Sun.;
 April 9th --> **Palm Sunday (6th Lent. Sun)**
 April 15th --> **Good Friday**;
 April 9th --> **Holy Sat./Last Day of Lent**;
 April 16th --> **Resurrection Sunday**

WHAT IS LENT?

Lent is a 40-day liturgical season that allows us to come to terms with the **human condition** we may spend the rest of the year running from and it brings our need for a Savior to the forefront. Like Advent, Lent is a time to open the doors of our hearts a little wider and understand our Lord a little deeper, so that when Good Friday and eventually Easter comes, it is not just another day at church but an opportunity to receive the overflowing of graces God has to offer.

"Then they said to HIM,
 'Why do the disciples of
 John **fast** often and make
 prayers, and likewise those
 of the Pharisees, but
 YOURs eat and drink?' "

Luke 5:33

"And HE said to them,
 'Can you make the friends of
 the bridegroom **fast** while the
 bridegroom is with them?
 But the days will come when the
 bridegroom will be taken away
 from them; then they will **fast** in
 those days."

Luke 5:34-35

"Then HE spoke a parable to them: 'No one puts a piece from a new garment on an old one; otherwise the new makes a tear, and also the piece that was taken out of the new does not match the old.'"

Luke 5:36

"And no one puts new wine into old wineskins; or else the new wine will burst the wineskins and be spilled, and the wineskins will be ruined."

Luke 5:37

"But new wine must be put into new wineskins, and both are preserved. And no one, having drunk old wine, immediately desires new; for he says, 'The old is better.'"

Luke 5:38-39

"Then they said to Him, 'Why do the disciples of John *fast* often and make prayers, and likewise those of the Pharisees, but Yours eat and drink?'"

Luke 5:38

CONCLUSION:

From what and/or whom are you 'abstaining' (distancing yourself) during this 2017 Lenten Season?