



Pastor Enno's Weekly Message

Dear Friends,

Jesus was asked by the Pharisees, “Why don’t your disciples fast as others do?” Jesus replied that while he is with them, they cannot fast. But there will be a time when he is no longer here and they will continue the practice of fasting. Those who grew up in the Roman Catholic church (maybe other traditions) used the Lenten Season to fast. Many youth gave up candy or cartoons or something pretty simple. Catholics also give up meat on Fridays.

Many Christians give up some kind of food or food altogether, probably based upon, for us, Jesus being tempted and telling his nemesis, “Humans don’t live by bread alone.” Fasting is really not about suffering. It is about simplifying or minimalizing our lives, from time to time, to make sure that we, as individuals, families, churches, and society are not so caught up in the material world and the grind culture that our sense of worth and value derives from those things rather than God’s love for us.

Fasting is not an endurance test, but it is throwing ourselves upon, and relying on, God to get us through the day. In the true tradition of this practice, it is not to enhance our worth or spirituality, but rather fasting is about building up the community. As we humble ourselves, we give God and the community our hearts, minds, souls, and strength.

There are many ways to fast and many reasons to do it. Even saying I will skip breakfasts or lunch or not check social media before noon or after supper or one day a week. Underneath it all, it is about helping us reconnect with God and the world around us by removing the distractions that occupy our daily lives.

May you find this Lent a time and a practice to create space and time and a path for deepening our way of loving God.

Peace