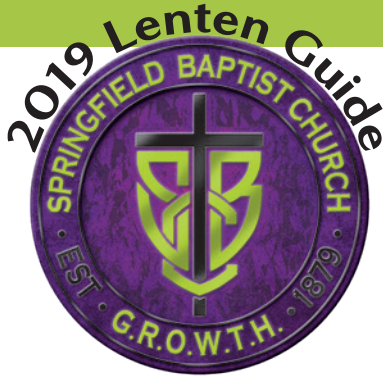


COMMIT TO

change!



You were taught to leave your old self—to stop living the evil way you lived before. That old self becomes worse, because people are fooled by the evil things they want to do. But you were taught to be made new in your hearts, to become a new person. That new person is made to be like God—made to be truly good and holy.

Ephesians 4:22-24 New Century Version

To The Springfield Family & Christian Friends,

I am going to keep this simple: No change, no GROWTH! Your “old self” is at war with your “new self”! The Lenten season is about embracing change for the purpose of spiritual, physical and intellectual transformation. Lent 2019 will seek to equip us to change in the following areas: Family, Finance and Fitness.

FAMILY

Unresolved anger, divorce and family violence from generation to generation threaten the future of the family. According to statistics from the Georgia Coalition Against Domestic Violence, more than 2,000 domestic violence deaths have occurred in Georgia since 2003. An African American child is six times as likely as a white child to have or have had an incarcerated parent.

FINANCE

According to analysts at Prosperity Now and the Institute for Policy Studies, income inequality and financial mismanagement will result in African American households having only a \$600 net worth by the year 2050. One in three Americans have less than \$5,000 saved for retirement. Six in ten Americans don't have \$500 in savings.

FITNESS

In 2004, health care providers convened in New York City to discuss rising healthcare costs which was \$2.1 Trillion annually. Most of these resources were utilized to address cardiovascular surgeries. These physicians revealed that most of these cases would disappear if the American public could manage 5 things: 1) stop smoking, 2) stop drinking alcohol, 3) stop overeating, 4) start exercising, and 5) relieve your stress. In spite of all that we know about prevention, only 10% of these patients are able to commit to the changes necessary to save their own lives.

Do you find it hard to make changes that are necessary to save your own life? I'm with you and I got you! Lent is here! No change, no GROWTH! This 2019 Lenten Guide is designed to assist you in implementing life altering changes in your family life, your finances and your personal fitness. Remember, “anyone that is in Christ is a new creature” (2 Corinthians 5:17). Remember, you “can do all things through Christ who is your strength” (Philippians 4:13) because “your new person is made to be like God” (Ephesians 4:24). Commit to change!

Yours in Christ,
Pastor Eric Wendel Lee, Sr.



COMMIT TO *change!*

What Is Lent?

Lent has its origins in the 4th century AD in the Catholic Church. Lent is a season on the Christian calendar that spans 40 weekdays beginning on Ash Wednesday and concluding on Resurrection Sunday. It is distinguished as a time of prayer and preparation prior to the Resurrection. Lent connotes that there can be no complete appreciation or celebration of Resurrection without acknowledging the process of discipline, sacrifice and faith that Christ exhibited during crucifixion. The number 40 is connected with many biblical events, but most aptly with the 40 days Jesus spent in the wilderness facing temptations that sought to persuade him to abandon his mission and calling. Christians today use this period of Lent as a time for introspection, self-examination, self-denial and repentance. Many Christian churches engage in prayer, fasting and penance, contemplating the need for God's grace. Lent is a journey of preparation that allows believers to celebrate God's marvelous redemption at Resurrection and to recommit to living a victorious life. It's the perfect opportunity for G.R.O.W.T.H.

What We are Reading During Lent

Not entitled to get angry? Really? It's a radical, provocative idea: We're not entitled to get offended or stay angry. The idea of our own "righteous anger" is a myth. It is the number one problem in our societies today and, as Dallas Willard says, Christians have not been taught out of it.



As it turns out, giving up our "right" to be offended can be one of the most freeing, healthy, simplifying, relaxing, refreshing, stress-relieving, encouraging things we can do. Unoffendable provides a practical way to live life with less stress. The book offers a unique viewpoint, challenging the idea that Christians can ever harbor "righteous anger" or that there even is such a thing for believers.

Join us each Wednesday night for G.R.O.W.T.H. University small groups as we go deeper into the book and together challenge each other to live more stress-free lives.

G.R.O.W.T.H. University Small Group Schedule (7pm – 8:30pm)

Please register in Realm to sign up for a small group.

March 13 - Chapters 1 - 4

March 20 - Chapters 5 - 7

March 27 - Chapters 8 - 12

April 3 - Chapters 13 - 15

April 10 - Chapters 16 - 18

April 17 - Chapters 19 - 21

April 24 - Chapters 22- 24

COMMIT TO

change!

During this Lenten season as we focus on Family, Finance and Fitness, we encourage you to participate in the following activities and programs and continue our New Testament Yearly Reading:

[New Testament in a Year Reading Plan – click here](#)

Family Focus

March 13, 2019 & April 23, 2019, 9:00am

Food Distribution—until supplies have been exhausted

March 16, 2019, 11:00am–3:00pm

Newton Co. Friends & Family Fun Day @ Legion Field, 3173 Mill St., Covington

March 23, 2019

Parent Academy (Rockdale County Public Schools) 8:30am–1:30pm

[Click here to register](#)

March 30, 2019

Couples Ministry Fellowship: Bowling, AMF Lanes, Conyers GA. @ 7:00pm

March 31, 2019

Women's Worship (5th Sunday)

April 11, 2019, 7:00pm – 8:30pm

G.R.O.W.T.H. University: Understanding Sex Trafficking

April 13, 2019, 9:00am – 12noon

G.R.O.W.T.H. University: How to Maintain Healthy Boundaries in A Blended Family

Fitness Focus (Mind & Body)

Commit to exercising. Join our Fitness Ministry each Monday and Tuesday for activities

Mondays–Gospel Line Dance at 7:00pm–Springfield Activity Center

Tuesdays–Total Body Fitness at 7:00pm–Springfield Activity Center

March 26, 2019–Yoga Class at 7:00pm (Beginners are Welcome)–Springfield Activity Center

April 16, 2019–Fitness Ministry “Walk With A Pastor” 5:30pm Cricket Frog Trail located on Elm St. Covington, GA. (right off the square)

April 30, 2019–Yoga Class 7:00pm (Beginners are Welcome)–Springfield Activity Center

March 21, 2019, 7:00pm–8:30pm

G.R.O.W.T.H. University: The Best Care Is Self-Care

March 30, 2019, 9:00am–11:00am

G.R.O.W.T.H. University: Stress: Identifying Stressors & Healthy Alternatives

Men's Class: 9:00am–11:00am

Women's Class: 9:00am–11:00am

April 27, 9:00am–12:00noon

Woods 5K Walk/Run & Health and Wellness Fair

COMMIT TO

change!

Finance Focus (April Financial Literacy Month)

[Click here for sample personal budget](#)

April 1 or 9, 2019, 7:00pm–8:30pm

G.R.O.W.T.H. University: Teaching Our Children How to Fish

April 16, 2019, 7:00pm–8:00pm

G.R.O.W.T.H. University: Couponing: Saving & Shopping

April 18, 2019, 7:00pm–8:30pm

Empowerment Ministry: Managing the 90%

For additional information on these activities and programs, please check our website (sbcgrowth.church) and Realm.

FASTING DURING LENT

No sweets! No candy, cookies, cake, etc.

Stage 1: Wednesday, March 6–Friday, March 15

Eliminate ALL pork, sweets (cookies, candies, desserts), fried foods, fast foods, breads and ALL dairy (milk, cheese, ice cream). Beverages only from 7 PM - 7 AM or whichever 12-hour period you designate. Drink 64+ ounces of water daily unless otherwise advised by your physician. Other drinks include herbal teas, protein smoothies and reduced sugar beverages AFTER athletic workouts (Gatorade G2, Vitamin Water Zero, Powerade Zero).

Stage 2: Saturday, March 16–Monday, March 25

In addition to Stage 1, limit all meals to what is commonly known as the “Daniel Fast”. Vegetables, fruits, nuts and liquids are allowed.

Stage 3: Tuesday March 26–Thursday, April 4

In addition to Stages 1 & 2, consume only 1 hot meal per day. Raw vegetables, fruits, nuts are allowed.

Stage 4: Friday, April 5–Sunday, April 14

For those that are physically mentally and spiritually directed this stage is liquid only. Vitamins and supplements are allowed.

Holy Week & Resurrection Sunday Schedule



Good Friday Service

Friday, April 19, 2019, 7:00pm

Dr. Carolyn Ann Knight – Evangelist

Resurrection Worship Times

7:00 am (Sonrise), 7:30am, 9:30am & 11:30am

