



SPRINGFIELD BAPTIST CHURCH

Lenten Guide

2021

*A Broken Nation Needs
A Broken Church*

WHAT IS LENT?

Summary of the history & purpose of the Lenten Season

p. 02

WHAT WE ARE READING

Discover the book selection for this Lenten Season & where you can get it!

p. 03

FASTING GUIDE

Our fasting schedule detailed in stages!

p. 04

HOLY WEEK SCHEDULE

Schedule of services and services times.

p. 05

A BROKEN NATION NEEDS A BROKEN CHURCH

From the Voice of God: "I hate, I despise your festivals, and I take no delight in your solemn assemblies. Even though you offer me your burnt offerings and grain offerings, I will not accept them; and the offerings of well-being of your fatted animals I will not look upon. Take away from me the noise of your songs; I will not listen to the melody of your harps. But let justice roll down like waters, and righteousness like an ever-flowing stream."
Amos 5:21-24 (NRSV)

We live in a world where almost everything seems broken. Two impeachments in 14 months is proof that government is broken. As we approach 500,000 COVID-19 deaths, our public healthcare system is broken. Ask the families of Breonna Taylor, George Floyd, Daniel Prude and Rayshard Brooks; they have proof that the justice system is broken. The list continues as we witness broken schools, broken families, and broken marriages. Given all that's broken in our society, it might be counterintuitive to suggest that the answer to the brokenness is more brokenness.

Through the prophetic orations of Amos, we are educated about what God despises. Imagine God rejecting our worship. Consider the Lord's disgust with our offerings and praise songs. Mark Labberton argues in *The Dangerous Act Of Worship*, "We presume we can worship in a way that will find God but lose track of our neighbor. Yet it was this very pattern in Israel's worship life that brought God's judgement. Biblical worship that finds God will also find your neighbor." God judges the impact of our worship by how we acknowledge and advocate for the welfare of our neighbors.

And yet as we consider what God despises, we should also consider what God does not despise. King David writes in Psalm 51:17, "My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise."

This Lent 2021, I invite you to surrender your brokenness to God through praise, worship, sacrifice, self-denial, study, service, prayer and fasting.

Our central reading for Lent 2021 is [Woke Church: An Urgent Call For Christians In America To Confront Racism And Injustice by Dr. Eric Mason](#). Dr. Mason argues, "The church in America is not awake to the reality of what is happening in communities across this nation, and we are missing out on our calling to shine the light into these places of darkness for Christ's glory." The Holy Spirit is making a demand on the Christian church to be more responsible for the general welfare of our world and the people who inhabit it. Join me each Wednesday night during Lent 2021 as we seek God's redemption of a broken nation through Christ's broken church.

CONVICTED BY CHRIST,

Eric W. Lee

REV. ERIC W. LEE, SR., D.MIN.,
SENIOR PASTOR





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.

"...."there can be no complete appreciation or celebration of Resurrection without acknowledging the process of discipline, sacrifice and faith that Christ exhibited during crucifixion."



WHAT ARE WE READING DURING LENT?

Available on: Amazon, Kindle & Audible



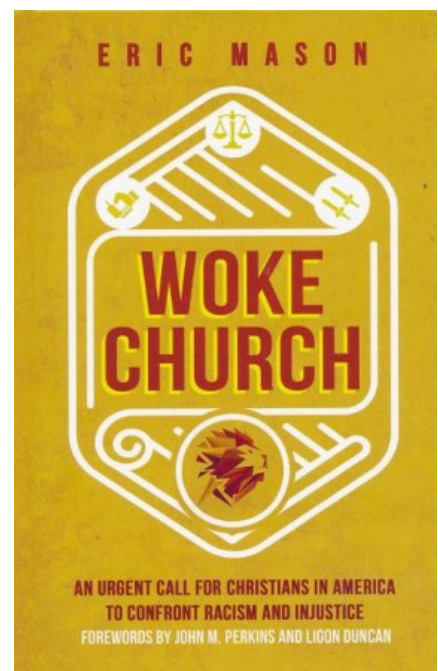
Join us each Wednesday Night @ 7pm -
G.R.O.W.T.H. University Bible Study!



Tune in on Facebook, YouTube &
[sbcgrowth.church](https://www.sbcgrowth.church)

Woke Church: An Urgent Call For Christians In America To Confront Racism And Injustice by Dr. Eric Mason

Book Summary: Woke Church shows the connections between reconciliation, justice, love and the gospel. In a time when many feel confused, complacent, or even angry, the author challenges the church to: **“Be Aware, Be Redemptive & Be Active”**.



FASTING DURING LENT*

Stage 1- Wednesday, February 17 – Friday, February 26

Eliminate ALL pork, sweets (cookies, candies, desserts), fried 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). Vitamins and supplements are allowed and encouraged.

Stage 2- Saturday, February 27 – Monday, March 8

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

Stage 3- Tuesday March 9 – Thursday, March 18

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

Stage 4- Friday, March 19 – Sunday, March 28


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

***Disclaimer:**

"If you are under the care of a physician, or have a pre-existing health condition, please check with your physician prior to beginning this fasting regimen."



HOLY WEEK & RESURRECTION SUNDAY SCHEDULE



GOOD FRIDAY SERVICE

Friday, April 2, 2021 at 7p.m.

RESURRECTION SUNDAY WORSHIP SERVICES

Sunday, April 4, 2021

7a.m. (Sonrise Service) & 10a.m. (Worship Service)

Visit **Realm** and www.sbcgrowth.church
for the most updated information on all
our ministry events and programs.

