

Bishop Jeffrey M. Monforton's Lenten Message 2019

“I have told you this so that you might have peace in me. In the world you will have trouble, but take courage, I have conquered the world” (Jn 16:33).

This Lenten season invites us to plumb the depths of our own soul and to recognize God's enduring presence within. We do so through the three pillars of Lent: almsgiving, fasting and prayer. These penitential practices release us from worldly distractions that prevent us from gazing on the merciful face of Jesus Christ.

Lent is a spiritual pilgrimage that upgrades our daily encounter with Jesus, as we are reminded that he gave up his life so that you and I may have eternal life. This season should be entered into in a spirit of joy, understanding what ever feelings of inconvenience or suffering enters into our lives Jesus himself experienced first. Walk with Jesus daily.