

pray . fast . give .



Living Lent | Day 35

## Beyond Ourselves in Living Lent

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*“Let me tell you why you are here. You’re here to be salt-seasoning that brings out the God-flavors of this earth. If you lose your saltiness, how will people taste godliness? You’ve lost your usefulness and will end up in the garbage. Here is another way to put it: You’re here to be light, bringing out the God-colors in the world.”*

**Matthew 5:13-14: MSG**

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### Encouragement for the Lenten Journey:

My Grandmother is one of the Godliest women I know and someone I truly have admired all my life. She is 95 and still vibrant as ever, but she was not that Grandma that you looked forward to cooking a good old fashioned southern meal. Why? BECAUSE she doesn’t use salt in her food! She chooses health over salt even though the bible speaks about how immensely important salt is in our lives! Although Grandma’s meals many times lack the seasoning that salt provides to flavor some of my favorite foods, to me she represents salt and light. I mean the real salt and light...not the kind that is packaged for purchase at the grocery store.

What does salt and light really mean? As Christians, we are called to be salt and light in this world. To ‘be salt’ means to deliberately seek to influence the people in one’s life by showing them the unconditional love of Christ. Light is a symbol used to mean awareness, knowledge and understanding; light destroys darkness wherever it goes.

There is no doubt that many of us Christ followers have faced challenging times in 2020 that seems to continue as we enter 2021. Recently when I was

presented with the question, “Have you been a faithful witness in these troubling times?” The truth is no, I have not...quite honestly I have failed miserably at times. There have been moments that I allowed myself to be of this world rather than the salt and light of the world that our Father calls us to be. There have been times that instead of clinging to Jesus that I chose fear over faith. If any of this resonates with you, my friend, there is GOOD news. Our Father, He never forsakes us even when we have drifted from Him. Drifting can happen but we don’t have to keep drifting. As we prepare for Easter, we can turn and return to loving arms of our Father and be the salt and light that the world desperately needs.

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### **Challenge to Prayer and the Exercise of the Privilege of Generosity**

**As you pray and sacrifice through fasting throughout this Lenten Journey, will you take this opportunity to pay forward in generosity a gift of at least \$1 per day throughout the 40 days for the Children? It is a privilege and a blessing to give as we all look forward to Easter and the Resurrection.**

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### **Contributor**

Tonya Barbee, LCSW, St. Simons Island, is clinical program manager for Communities in Schools of Glynn County. Tonya has been blessed to be able to advocate and provide clinical support to families and children for over 25 years. Tonya and her husband, Brent, have three children and are active members of Community Church on St. Simons Island. Tonya testifies first-hand to the contributions that are made at Morningstar through the leadership of provided by Beth VanDerbeck and Lisa Johnson, who have been colleagues and friends for many years, and expresses her gratitude in being able to be Beyond Ourselves in Living Lent with the Children during this Season.

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