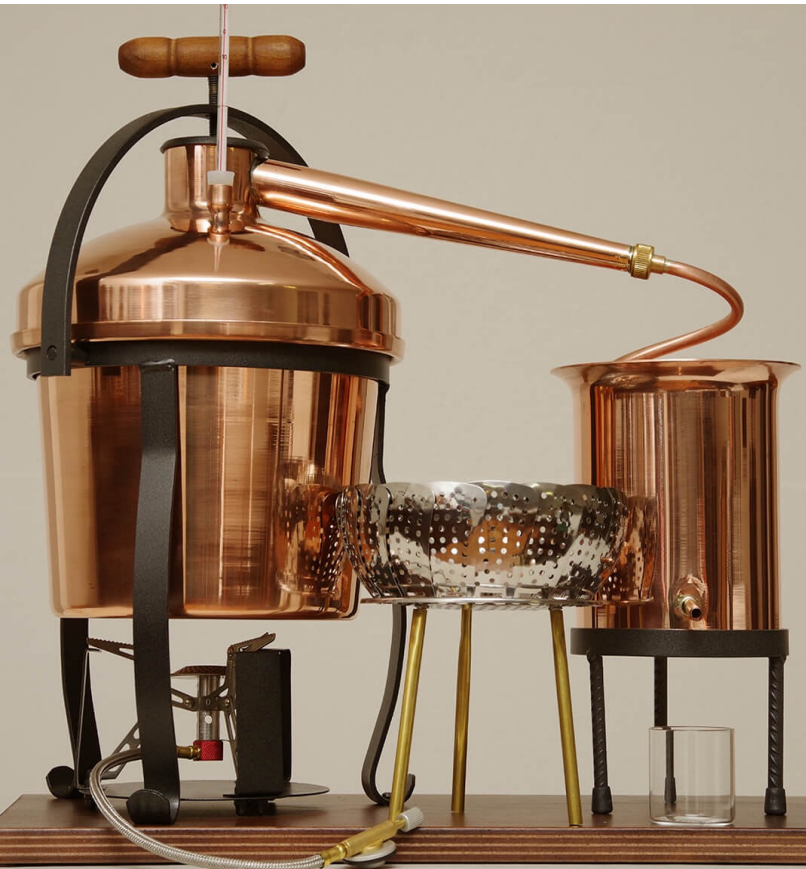


## Distilled

essential elements only.

## What We're Doing



### Lent is a spiritual distillation

1. Spiritual growth
  - In Christianity, Lent is a 40-day period of reflection and preparation before Easter. It's traditionally observed through practices like fasting, prayer, and almsgiving.
  - These practices can be seen as a way to "distill" oneself, removing distractions and focusing on core spiritual values. This can lead to personal growth and a deeper connection with God.
2. Purification
  - Similar to how distillation purifies a liquid, Lent can be seen as a time to purify oneself spiritually.
  - By letting go of what we think we need and focusing on God, the Holy Spirit leads us to a purer, more Christ-like character.

### Lent is a metaphor for life

1. Refinement
  - Just like distillation refines a substance, life experiences can refine us, removing unnecessary traits and leaving behind valuable lessons and wisdom.
  - Lent can be seen as a microcosm of this process, offering a focused time for reflection and refinement.
2. Like a still, prayer and fasting help us supply our own heat for the spiritual distillation process

### Focusing just on the essentials

1. Distillation concentrates the essence of a substance.
2. Similarly, Lent is a time to focus on the "essentials" of our spiritual lives, prioritizing our values and relationships in God over distractions and busyness.

### ELEMENTS

#### Fasting

1. Eat nothing and drink only water before 12:00 PM every day from Wednesday, February 7, 2024 through Saturday, March 30, 2024.
2. If you have a question about your physical health or medications, check with your physician about this. Otherwise, make some other sacrifice of something you feel is essential to you during this time period.

#### Prayer

1. Set aside 15 minutes sometime each morning to pray (talk to God) and meditate (listen to God).
2. Pray with the whole congregation on Thursdays at 6:00 AM by phone n(605) 313-4820, Access code: 113034#+1