

HUNGRY FOR CHANGE

SCRIPTURE: JOEL 2:12–17

Ash Wednesday

*. . . return to me with all your heart,
with fasting, with weeping, and with mourning;
rend your hearts and not your clothing.
Return to the LORD, your God,
for he is gracious and merciful.*

Joel 2:12–13

Today Lent begins, the season of preparation that leads up to Easter Sunday. Fasting is part of this preparation for many Christians. Put simply, fasting is voluntarily doing without something in order to better understand the suffering Jesus voluntarily undertook for our sake. You can fast from a particular food or activity (such as chocolate or watching TV).

Through the prophet Joel, God told the Judeans that fasting was one way to “return to the LORD, your God.” They had become distracted from their relationship with God, so a change was needed. All sorts of things can distract us from God, often without our even realizing it. Fasting can change that. The attention needed to go without something can even reveal things you don’t realize are distracting you from God. Fasting may feel weird—most changes do—but that discomfort is part of its effectiveness.



*God, if you are calling me to fast from something
during Lent, make it clear to me today. Amen.*

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