



*by Kristi Duensing  
Youth Director*

**YOP MISSION: The goal of our student ministry is to reveal the truth to teenagers about God's love, equip them to have a Christ-like wisdom and offer themselves in service, in order to magnify God's holy name.**

A reflection for Lent:

Lent is here! Do you start a new discipline to remind you of Christ's suffering, death and resurrection? Or, do you 'give up' something for Lent? When Christ sees us spending more time with Him, can you just imagine the smile on His face? Oh how He loves us! The Bible says "But my God shall supply all your needs according to His riches in glory by Christ Jesus." (Philippians 4:19) He wants us to be able to say, "I can do everything through Christ who gives me strength". (Philippians 4:16) We must seek the change He alone can produce. During these Lenten reflections, I believe our Father wants us to use these days of preparation for Easter to help us experience our Savior's death and resurrection more powerfully than ever before. As stated in Corinthians 5:17, the Spirit who makes us a "new creation" at salvation wants to keep recreating us into the image of Jesus. As we grow closer to Jesus, others will catch on and will want the Christ they see in us.

Bible study and prayer are the most obvious spiritual disciplines. In a culture that desperately needs our salt and light, we must do the same things that we ask others to do. So, let's start with this simple prayer "Lord, transform me". Imagine yourself at one of Jesus' miracles. For instance, when Peter was walking out on the water to Jesus, imagine yourself in that boat hearing the wind roar. Feel the waves crash into you and the rain sting your face. Hear Peter shouting over the storm to Jesus. Then, watch as Jesus comes instantly to rescue him from certain death.

Whatever your storms are today, Jesus is with you, ready to save you just like he did Peter. As you pray, encounter God with all your senses. Imagine your words being heard in heaven's hallways. You can hear the angelic chorus as your voice joins in. You see Jesus sitting at the right side of the Father.

God is as close to you as you are to your knees. Start by asking the Spirit to pray through you as you commune with God. You are experiencing the very real presence of the very real God. Have you heard praying by the ACTS model? It stands for adoration, confession, thanksgiving and supplication. Begin your time with praising Him. Read a psalm or sing a hymn that exalts His glory. Spend time reflecting on his attributes and magnificence. Next, ask the Spirit to show you anything in your life that displeases God and confess all that comes to your thoughts. Then, claim your Father's forgiving grace (1 John 1:9). Take time for specific thanksgiving, expressing your gratitude for all the ways God has blessed you. Finally, offer supplication for your needs and those of others.

Youth activities coming up in March: NO study night in March because of Lent.

**February 28/March 1:** Youth Mission Trip to Omaha

**March 4:** Youth Lenten Soup Supper

**March 15:** Activity night at the YOP house. Bring your favorite game.

Blessings to you!

*Kristi Duensing, Youth Director*