



February 26, 2020

### ***THE LIFE WE'VE BEEN MISSING***

Repentance is a religious idea that is worth recovering. Repentance is an idea that *needs* to be recovered, because it has been corrupted by messages of angry warnings, too often associated with fanatics convinced of impending judgment who warn, "Repent! The end is near!"

Repentance does not have to be a threat or a demand.

Repentance literally means to turn around. To repent is simply to turn toward a new way of life. Repentance may include sorrow and regret for parts of the life we are turning away from—the parts that caused harm to ourselves and others, or the days that we wasted—but repentance is primarily joyful, because the life that we are turning toward is so good.

The season of Lent, which stretches from Ash Wednesday to Easter, is a traditional season of repentance in the church. It is a season of reflection, a chance to take stock of our lives, and to remember that God gives us the vision and the strength to turn some things around.

In repentance, God gives us lives that are more grounded, more peaceful, and more invigorating. As Jesus said, "I came that they may have life, and have it abundantly."

Repentance isn't a threat or a demand; it is an invitation to a more abundant life. The season of Lent is a gift. Let us take this season to discover the kind of life that we have been missing.

I'll see you in church.

Peace,

Rev. Dr. Matthew Wooster  
Senior Minister