



## Second Sunday of Lent March 1, 2015

### Pastor's Column

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#### 40 Things to Give up for Lent: The List

Pastor Phil Ressler, Pastor of the Lutheran Church of the Good Shepherd in Old Bridge, New Jersey, has recently written a book entitled, *40 Things to Give up for Lent and Beyond*.

I would encourage the purchase and reading of his book during this Lenten Season. It can be obtained through Amazon and any number of other booksellers.

Pastor Ressler's website is [www.gs4nj.org](http://www.gs4nj.org)

Here is the List of things to consider giving up for Lent:

1. **Fear of Failure**—You don't succeed without experiencing failure. Just make sure you fail forward.
2. **Your Comfort Zone**—It's outside our comfort zones where new discoveries are made.
3. **Feelings of Unworthiness**—You are fearfully and wonderfully made by your Creator (Psalm 139:14).
4. **Impatience**—God's timing is the perfect timing.
5. **Retirement**—As long as you are still breathing, you are here for a reason. You have a purpose to influence others for Christ. Our work is not always tied to a paycheck.
6. **People Pleasing**—I can't please everyone anyways. There is only one I need to strive to please.
7. **Comparison**—I have my own unique contribution to make and there is no one else like me.
8. **Blame**—I am not going to pass the buck. I will take responsibility for my actions.
9. **Guilt**—I am loved by Jesus and he has forgiven my sins. Today is a new day and the past is behind.
10. **Overcommitment**—Do less better and accomplish more.
11. **Lack of Counsel**—Wise decisions are rarely made in a vacuum.
12. **Impurity**—Live lives pure and without blemish.
13. **Entitlement**—The world does not owe me anything. God does not owe me anything. I live in humility and grace.
14. **Apathy**—Life is too short not to care.
15. **Hatred**—Do not be overcome by evil, but overcome evil with good (Romans 12:21).
16. **Negativity**—I will put the best construction on everything when it comes to other people. I will also minimize by contact with people who are negative and toxic.
17. **The Spirit of Poverty**—Believe that with God there is always more than enough and never a lack.
18. **Going through the Motions**—The more you invest yourself, the more you will get back.
19. **Complaint**—Instead of contributing to the problem, be the solution.
20. **The Pursuit of Happiness**—God wants something greater and more lasting than happiness. It is called joy.
21. **Bitterness**—The only person I am hurting by holding on to this is myself.
22. **Distraction**—Life is filled with distractions that will take our eyes off the prize.
23. **Giving up**—God never give up on us.
24. **Mediocrity**—If you are going to do something, then give it all you got.
25. **Destructive Speech**—Encourage one another and all the more as you see the day approaching (Hebrews 10:25).
26. **Busyness**—It is a badge of honor to be busy. But that does not always translate to abundance.
27. **Loneliness**—With Jesus, I am never alone. He is with me wherever I go.
28. **Disunity**—If two of you agree on earth about anything, it will be done for them by the Heavenly Father (Matthew 18:19).
29. **The Quick Fix**—Rarely does true transformation happen overnight.
30. **Worry**—God is in control and worrying will not help.
31. **Idolizing**—Don't assign anyone a standard they cannot live up to.
32. **Resistance to Change**—Change is certain. It is not if we will change, but how we will change.
33. **Pride**—Blessed are the humble.
34. **Small View of God**—Don't tell God how big your problem is, tell your problem how big your God is.
35. **Envy**—I am blessed. My value is not found in my possessions, but in my relationship with my Heavenly Father.
36. **Ungratefulness**—You have been blessed in a way greater than you realize.
37. **Selfish Ambition**—God has a mission for me that is bigger than me.
38. **Self-Sufficiency**—Jesus is my strength. I can do all things through him (Philippians 4:13).
39. **Sorrow**—Weeping may tarry for the night, but joy comes in the morning (Psalm 30:5b).
40. **My Life**—Whoever loves his life loses it, and whoever hates his life in this world will keep it for eternal life (John 12:25).

Fr. Mike

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