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March 14, 2018

"I cannot do anything on my own." These are the words spoken by Jesus to the Jews in today's Gospel. He was speaking of all the things He is capable of doing, but, without God our father, nothing is possible.

Another phrase that is in this week's reading from our small group study book 'What on Earth am I Here For?' is "It takes time, Don't be in a rush" These words have never been more true for me than at this point in my life.

This year for Lent, I decided to give up social media. I use it mainly to keep in touch with family and friends around the world. In place of it, I would pray for one person each day, and write a note to let them know how special they are and how they have blessed me.

It's funny, when God calls you to a task, the time seems to be automatically carved out in your day..... almost like it has always been that way. Writing these notes and praying for others has blessed me completely. I feel God's love in the words that I write, words that He gives me. It seems to center me, to make me feel more normal and not so rushed.

But isn't this what Lent is all about? Time to slow down, spend more time in prayer, and ready ourselves for the Resurrection of Jesus Christ? I know the words in the Gospel and in our study book are for me. I can NOT do anything on my own and it takes time. I need Jesus walking and talking with me daily and encouraging me to be patient, slow down, make the time, and be thankful of the blessings He has laid before me.