

Friday, February 16, 2024
Friday After Ash Wednesday



Good morning!

We read Isaiah 58:1-9, Psalm 51, and Matthew 9:14-15. Fasting, what is your concept of fasting? Isaiah spells out from God, "This is the fasting that I wish." Is this your idea of fasting? Think about what our world would be like if we all fasted in this manner. The Lord says, "You shall cry for help, he will say: "Here I am." We need more fasting in the world today and knowing that this biblical fasting has been around for centuries, why is it always so powerful every year when we read this reading from Isaiah? Look around and see if this manner of fasting leads you to greater love of God and neighbor.

Peace,

RevKev

"Blessed are they who hope in the Lord."

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