

### ***"He was Tempted but Never Sinned"***

As we begin our Lenten journey this week, like Jesus Christ, there is no doubt that we will be faced with many temptations in our walk with one another and through our daily endeavours. However, we are encouraged as disciples of His teaching to stay strong with a call to be "honest... as we allow Christ to search us and know us," (because) He Himself was "confronted with temptation not by grasping with power, but by entrusting himself wholly to the Father. Lent shapes that same postures in us. It reorders our love and strengthens our obedience...A praying Church becomes a discerning Church. A generous Church becomes a credible witness. A disciplined Church becomes a resilient Church" [See and read more on Lent 2026 Episcopal Pastoral Letter from our Bishop].

In our faithful commitment as Christ's disciples, the words of Pope Francis capture the realities of our life during this season of self-reflection, self-examination to renew ourselves body, mind and spirit. That is we are enjoined to:

Fast from **HURTFUL** words and speaking **KIND** words.

**SADNESS** and be filled with **GRATITUDE**.

Fast from **ANGER** and be filled with **HOPE**.

Fast from **PESSIMISM** and be filled with **JOY**.

Fast from **WORRIES** and **TRUST** in **GOD**.

Fast from **COMPLAINTS** and contemplate **SIMPLICITY**.

Fast from **PRESSURES** and be **PRAYERFUL**.

Fast from **BITTERNESS** and fill your heart with **JOY**.

Fast from **SELFISHNESS** and show others **COMPASSION**.

Fast from **GRUDGES** and be **RECONCILED**.

Fast from **WORDS** and be **SILENT** do that you can **LISTEN**.

This season of Lent is not just about going without meals or any cravings, but about self discipline with all mentioned above in living in that reality of the Gospel of Matthew 4:1-11, so that the world around us knows that we are children of God.

Thanks be to God. Amen.

*The Reverend Wilson Akinwale  
Rector*