

Church Worker Newsletter



Finding True Peace In Lent

As we enter the holy season of Lent, we embark on a journey of reflection, repentance, and renewal. This sacred time invites us to quiet our hearts, draw closer to Jesus, and experience the deep and abiding peace that God offers. In a world filled with uncertainty, challenges, and struggles, peace can often feel elusive. Yet, Scripture reminds us that true peace is not found in the absence of trouble but in the presence of Christ.

Throughout Scripture, God's promise of peace remains steadfast. In John 14:27 (NRSV), Jesus assures His disciples, "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid." This divine peace is not a fleeting emotion but a profound assurance that we are held securely in God's love, no matter the storms we face.

Lent is a season to embrace this peace; a peace that sustains us in suffering, a peace that brings healing and wholeness, a peace that transforms our hearts and minds. As we journey with Christ toward the cross, we are called to let go of the burdens that separate us from God's presence and open ourselves to the serenity Jesus provides.

As church workers, we are called to be vessels of God's peace in our workplaces, homes, and communities. This Lent, may we embrace the peace of Christ not only for ourselves but also as a gift to share with others. Through prayer, reflection, and intentional practices, may we experience the fullness of the peace that surpasses understanding, trusting in the steadfast love of our Savior.

May the peace of Christ be with you this season and always.

About Your Author



Jeremy Freye is a registered marriage and family therapist intern. He graduated from Capella University with an MS in Marriage and Family Therapy. Jeremy has been an ordained Lutheran-Christian pastor for over 19 years. Jeremy is married and has two children, who are in their 20s.

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Ways to Cultivate Peace



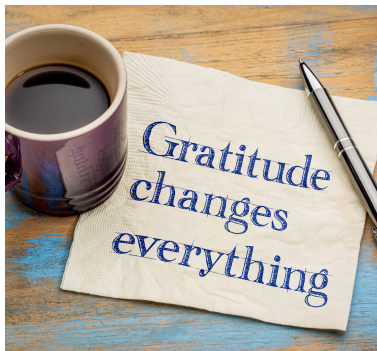
Daily Reflection and Prayer

Begin each day with a few moments of quiet reflection. Meditate on a verse such as Philippians 4:7 (NRSV): "And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Invite God's peace to fill your heart and guide your day.



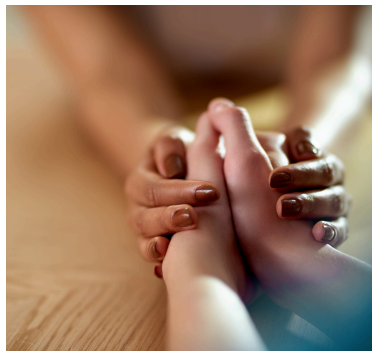
Mindful Breathing & Centering Techniques

When anxiety or stress arises, take a few deep breaths, slowly inhaling and exhaling while repeating a simple prayer like, "Lord, grant me Your peace." This practice helps anchor us in God's presence amid life's chaos.



Practicing Gratitude

Keeping a gratitude journal can shift our focus from worry to trust. Each evening, write down three things for which you are thankful. Reflecting on God's goodness fosters a sense of peace and contentment.



Acts of Compassion & Forgiveness

Reconciliation is at the heart of Lent. Take time to mend relationships, extend forgiveness, and seek peace with others. Colossians 3:15 (NRSV) encourages us: "And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful."

Sabbath Rest and Renewal

In the midst of work and ministry, allow time for rest and restoration. Jesus Himself withdrew to pray and be refreshed (Luke 5:16). Setting aside intentional moments of Sabbath allows us to receive the peace God longs to give.

What does LCS do?

Motivated by the grace of God, LCS provides professional counseling, mental health education and consultation for all individuals, families and communities seeking growth and renewal. Our vision is to share God's healing and abundant grace in the community.
