



Psyche Me Up!

Ruined Appetites

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Lent is a man-made tradition, but, at its heart, is not about ritual or legalism: true Lent insists we deal with our heart's biggest spiritual issue: We are prone to wander, forget, blame, and hide. We want our own way. Control our own lives. We sin.

This **Lenten** season before Easter can soften our hearts, return us to our life-giving God, by reminding us, by our small sacrifices, "dying to self", of the **ultimate sacrifice** of Christ on the cross. And His **Passion for reconciling us to the Father**. It is a time of focused heart examination for the removal of the **sin that breaks relationship**. In our "sacrifice" we identify, in the smallest of ways, with His suffering. Sharing in His suffering and death, prepares us for the joy of the resurrection. Death must come before new life.

NEED MORE HELP?

Talk to someone!

Talk to your roommate, a friend, your RA, CA, SRD, or stop by the Counseling Center!

Located in the Owens Center

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Most of us probably had a Mom or Grandma who warned us, or perhaps forbid us, to not eat anything, especially not sweets, before dinner or we would "**spoil our appetite**", right? In her wisdom she knew that if she could keep us from the extra or unnecessary thing, she could preserve **our appetite for the real thing**, the main course. Real food. **Nourishment**.

Most of us know from personal experience that the **consumption of sweet things often ruins our appetite for the main thing**.

Though we may not have been raised in a catholic or other "high" church tradition, many still observe Lent. Meaning that, generally speaking, we **choose to "give up"** something important to us in order to focus on and **"give in" or give thanks** to the Lord for His **ultimate sacrifice** for us on the cross.

How many things in our lives have actually become, quite literally, **appetite suppressants? Buy more, consume more, have more, watch more, scroll more, post more, tweet more, snap more, chat more, face-time more, tumble more, and the list goes on and on ... suppressing any appetite for real nourishment. Real food for my soul. God.**

We all **"consume" to satisfy** something. But what am I really hungry for? And what am I choosing as my **"comfort food"**? **Am I filling myself with empty calories, sweets and excess?** Maybe there's a reason why Jesus is offered as the Bread of Life and Living Water ... **God knows our tendency to fill ourselves with needless things, while there's only One Thing that truly fills. Truly quenches. Truly nourishes. All else just seems to spoil our appetite.**

I want to be done with **ruining my appetite** with excess, and just "stuff." Nothing that really satisfies, feeds. All else is just snacking. Empty calories, **devoid of substance**. I want a **Lent that ruins my appetite for anything less**, anything other, than **God Himself**.

What if the things I give up aren't physical like food? What if I give up **gossip? Or complaint? Or jealousy, comparison, or envy?** What if I **listen more and talk less?** What if, instead of giving up chocolate or coffee, I give up **negativity or insensitivity or self-gratification?**

Maybe that's really the point: not to give up chocolate or coffee or sweets, but to **give up sin: Selfishness, gluttony, consumerism, comparison, distraction ... Whatever suppresses my appetite** for the main course. Hunger pains, physical or emotional, let them remind me to increase my **appetite for God. And, maybe, my pain, my hunger, is, ironically, satisfied with a different hunger : a hunger for God. The only hunger that satisfies all other hunger.**

If my love for **lesser things** fills up my need for **greater things** I will never be truly satisfied. God's grace and mercy are **infinitely greater than any sin** you may unearth in your heart during the season of Lent. God desires to shape us into His **loving, joyful, humble, generous and thankful people** who will reflect His light and love to a dark, aching, unsatisfied, hungry world.

May Lent simply be an opportunity to increase our **appetites for righteousness**, suppress our appetites for the lesser things, and, ultimately, **crowd out sin and make more room for Christ.**