



St. Mary & St. Joseph Coptic Orthodox Church

11308 Yonge St, Richmond Hill, ON L4S 1K9

*"Turn to Me with all your heart" (Joel 2:12)*

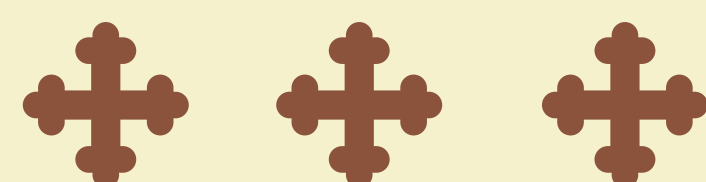
# THE ROCK

THE LORD IS MY ROCK.

**- PSALM 18:2**



April 2021



## *Reflection on (Joel 2:12):*

*“‘Now, therefore,’ says the Lord, ‘Turn to Me with all your heart, with fasting, with weeping, and with mourning.’”*

Throughout our lives, our relationship with God will adapt, grow, and change over time. In light of the pandemic, each of our relationships with Him was affected one way or another. While some discovered the multitude of time they could now dedicate to God, others may have indulged in other interests which dragged them away from Him. In a time where we are not able to physically attend church as regularly as we can, it is important to reflect on our relationship with Him and make use of this great season of Lent! You may be asking yourself, “How can I develop my relationship with God when I may not be able to attend church and feel His presence as much?” The answer can be found in our journey through Lent, a time where we repent, pray, and fast in preparation for the coming of our Lord, and our Saviour! In Joel 2, the events that will occur before His second coming are discussed which is when the Lord says to turn to Him with our hearts, minds, and souls by fasting, weeping, and mourning. While Lent is often viewed as only a time of difficult fasting and restrictions, it is actually a freeing experience as it allowed us to let go of the needs of the flesh and focus on the needs of our souls; our spiritual hunger and thirst. Lent is a time of reflection on our past actions and calls the need for repentance so we may be ready for His coming. The act of repentance is cleansing our hearts from sin, similar to having a clean slate that we can maintain and continue to purify through feeding our spirituality.





Dedicating quiet time with the Lord where we reflect on a section of the Bible such as a single verse will allow us to begin satisfying our spiritual hunger and thirst. Fasting not only from food, but other worldly materials such as our electronics, and secular music or shows, will enable us to maintain our clean slate while growing our hunger for spirituality. It is like a positive feedback loop that decreases our dependence on earthly possessions which in turn, grows our spirituality more, and more. This is the very essence of how our relationship with God is grown; through continuous reflection on our current relationship, and incorporation of small habits that increase our hunger for spirituality, allowing us to dive deeper into our relationship. It is a journey that lasts a lifetime!



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