

# ASCENDING LIFE-CANADA

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Spring reminds us of new life. April showers, singing birds, budding leaves and flowers all remind us of the rebirth that offers new motivation and recharges our hearts. It is fitting that Easter lands squarely in this season.

At Easter, we celebrate the resurrection of Jesus- the new life that he achieved for himself and promises to those who follow him.

While Easter may take one specific day on a calendar, it is often best celebrated as a season.. a time to refocus and reenergize our lives to focus on what it means to achieve the new life that Christ came to give.

*Let us grow in our relationship with God, together, as we participate in spiritual reflection, renewal and service.*

To begin, let us be humbled anew by reminders of the extraordinary love and sacrifice that lies at the heart of our faith.

“My heart is fixed, O God, my heart is fixed: I will sing and give praise  
Psalm 57:7 KJV

Life changing reflection begins with a “fixed heart” – one that is steadily attuned to God as he has revealed himself through the Bible and through his work in the world. A fixed heart is one that prepares to encounter the divine. A fixed heart is purposeful in its approach to reading the Bible, praying and meditating. In turn a fixed heart is rewarded with insight, direction and peace of mind.

Four steps you can take to prepare your heart for this season of renewal.

1. Set aside time to reflect on God. That means removing yourself—temporarily, at least---from some of the responsibilities and diversions that vie for your attention. It means embracing solitude and silence—freeing yourself from distractions- so you can focus on God.
2. Immerse yourself in Jesus’ story. The more you know about Jesus’ life and work, the more meaningful his death and resurrection will be to you.
3. Pray. Ask God to give you wisdom to understand the Scripture passages you read and to apply their principles to your life. Ask him to prepare your heart for the journey ahead, to make you receptive to the life-changing spiritual truths that await you this holy season.
4. Find like-minded people to accompany you on your journey. Set aside some time to spend with them. Share your thoughts, feelings, and experiences. Give another comfort, encouragement and motivation.

Questions to ponder and meditate upon to help prepare your heart for the journey ahead.

- What does the Easter season mean to you?
- What are the two most prominent emotions you experience during this season? Explain.
- Which aspects of the Easter season trouble or confuse you?

PRAYER

God, in this season of reflection, please help me to fix my heart on you and receive the life-changing truths of your Word. Help me to better understand who Jesus is and the significance of his crucifixion and resurrection. And please bring other Christians into my life so we may encourage and support one another in his Easter season. Amen