



## Self-denial

Lent is about to begin. Many people try to give up certain things in the weeks leading up to Easter to sharpen their senses for the things that are essential.

What do we give up? Jesus once said: “Whoever desires to come after Me, let him deny himself” (Mark 8: 34). This does not mean that we must give up our personality. We are who we are, can enjoy our earthly lives, and do not have to give anything up just because it brings us joy. If we love God with all our hearts, we need to only ask ourselves one question: “Does that which I am doing disturb my relationship with God?”

Let us give up everything that could challenge our unity with our heavenly Father!

*Food for thought from a divine service by the Chief Apostle*

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