

WEEKLY SERMON

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Spring Cleaning

As the days lengthen and the daffodils begin to bloom many people think about spring cleaning. It is amazing how much dust and debris can accumulate in those little seen recesses of our homes. Spring cleaning isn't easy. It can take a lot of time and it can be very hard work as pieces of furniture are moved away from the walls so dusting and vacuuming can take place. Even though it's hard work, it is very worthwhile. Knowing that your home, or room is sparkling clean, even though many of the places you clean won't be seen by anyone, is really satisfying. Sometimes you will find unexpected treasure, investigating the back of a sofa will probably reveal lots of debris, but may be also a long lost favourite pen or pencil or maybe even some lost coins.

The coming of spring is also the time when the church season changes to the season of Lent. This is the season which leads up to Easter and for Christians it can also be a time for spring cleaning, not of our houses, but of our lives. It is a time of spiritual spring cleaning.

There has long been the tradition of giving up something for Lent, people give up all sorts of things, chocolate, alcohol, sweets or biscuits. If you decide, for example, not to have any chocolate during Lent, but then substitute it for different sweets instead then there is no point. The idea of refraining from something is so that when you do without that particular thing you remember that it is Lent, and maybe save the money you would have spent to give to a charity.

Some people like to take something up for Lent. Maybe they decide to read the Bible more regularly or with a specific purpose, following a reading pattern. (Maybe using the Diocesan Lent Devotional ['That you may know the truth'](#)). Some people decide to spend more time in prayer, or just have some space to rest in the presence of God. You may want to make a habit of going outside to immerse yourself in the wonder of God's creation. As the sun shines, being outside and seeing how wonderfully God clothes the 'lilies of the field' and the 'grass of the field' and hearing the songs of the 'birds of the air' can give a great sense of God's presence, a moment of treasure; a moment to treasure.

As we journey through Lent, we remember the great sacrifice which Jesus made for us on the cross. We spend time becoming closer to God, being spiritually refreshed, and renewing and refreshing our relationship with Jesus. It might not be easy, just as spring cleaning a home takes physical effort, to spring clean a spiritual life takes determination and perseverance, but there is treasure to be found, not the odd coin down the back of the sofa, but spiritual treasure, those moments of closeness with God, the treasure of knowing you are a loved and cared for child of God; a unique individual made in God's image. As the Lenten journey ends and we look towards Easter we give thanks for the greatest treasure of all, God's Son Jesus, who died that we might be free.

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