

Dear Friends,

As we walk along the street, we will often see clothing that has slogans on it. Sometimes it's to do with the brand name of the manufacturer or, at other times, the 'saying' that is on it. Usually, it is on the front so that it's more obvious. However, I was introduced by someone to a wonderful slogan on the back of a T shirt or sweatshirt which simply said, 'you are enough.'

Isn't it wonderful to be told 'you are enough.' It's not about what you've done, or not done, but that you as a person are enough. The person you are, your character, your nature and who you are as made in the image of God is enough. There's no need for perfectionism or striving because you are enough. You don't need to feel you must prove yourself or justify your actions or be defensive in any way, because you are enough. To have that written on your back is to say someone else who can't see you, someone you may not even know, that you are enough. Whether you're being told 'you are enough' by a close friend, a spouse or partner, a member of your family or a complete stranger, what a fantastic thing to be told.

In Lent, the focus is on our discipleship with God. It is about deepening our understanding and relationship with Jesus. It can be a time where we focus on identifying more closely with Christ. When we turn to Jesus and receive his grace for the first time, we are being told that we are enough. We can find a real sense of freedom in those words. The more we learn of Jesus, the more we realise that this is the foundation from which we build.

We are all made in the image of God and, as disciples, we are called to reflect something of the nature of Christ, to others. This tells others, they are enough. Lent is also a penitential season and a time to reflect on the times where our words and actions haven't perhaps said to others that they are enough. We can bring that before God in prayer remembering Jesus will forgive all who truly turn to him in confession.

At the very end of this month, we travel through Holy Week and on to Easter Day. As we celebrate the resurrection, the joy of the disciples in meeting the risen Christ, they experience the change the resurrection brings. Through the culmination of the salvation story, they hear again, and in a new and transformed way, that they are enough. They then go to share with others the joy of Easter inviting others into a relationship with Jesus for themselves so they can experience the depth of joy that is received by knowing Jesus for themselves.

At this moment, if you are feeling you are striving for something which feels unattainable, please remember, you are enough. If you are feeling that nothing you do is quite good enough, remember, you are enough. If you are feeling at peace with the world and a sense of real, deep joy, know that you are enough. As we continue to share life together let us all remember that in Christ we are all enough and let's continue to encourage one another in this through our words and actions.

God bless,
Chris