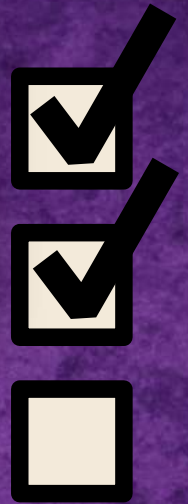




TACKLING TASKS LEFT UNDONE



LENTEN GUIDE 2023

www.sbcgrowth.church

Ludwig Beethoven stood 5'4" tall, yet he stands as a towering figure in world history. Widely considered the greatest pianist and composer of all time, he was a childhood prodigy during the classical period of music history around the turn of the 19th century. Beethoven composed various sonatas, cantatas, and also an opera. The crowning achievement of a world-class composer is the SYMPHONY, written for dozens of instruments. Beethoven completed nine symphonies, all of which were written while suffering from degenerative hearing loss and eventually, total hearing loss.

Beethoven died in 1827 at the young age of 56. Nearly 160 years after his death, a historian and musicologist, Barry Cooper, reviewed the estate to discover that Beethoven passed away while writing his unfinished 10th Symphony. It's hard to take issue with such a productive life, but it's shuttering to think that even the greatest among us have a list of things left undone.

Do you have any projects that you have failed to finish? What is on your list of tasks to be completed? Perhaps your list reads: starting a trust, purchasing life/health insurance, creating a college savings plan, funding retirement, buying property, establishing a will, finishing a degree, starting a business, creating a business plan, taking a vacation, planning a wedding, committing to a vow renewal, renovating the house, visiting distant family, or investing in spiritual renewal. The theme of Lent 2023 is **"Tackling Tasks Left Undone."**

King Joash's 40-year reign began when he was just seven years old. During these first 23 years, the spiritual core of God's people, the holy Temple, languished in disrepair. The Bible records the turning point in King Joash's leadership occurred during the year that he began "Tackling Tasks Left Undone." In his 23rd year, King Joash's life, leadership, and legacy were transformed by this time of renewal. Likewise, the year 2023 is the year that we start addressing our exhaustive list of tasks left undone.

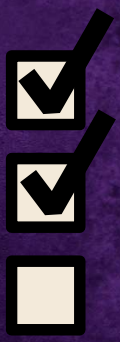
What Beethoven did not finish was nearly lost to human history. After Barry Cooper preserved the first two movements of the 10th Symphony in 1988, the final two movements were completed by artificial intelligence, computers, in 2021. It took nearly 200 years to finish a task left undone. We have wasted enough time, wealth, and health. So, let us take the next 40 days to put a plan and timeline in place to address our unfinished business.

Yours in Christ,
Rev. Dr. Eric W. Lee, Sr.
Senior Pastor
Springfield Baptist Church

**"BUT BY THE
TWENTY-THIRD
YEAR OF
JOASH'S
REIGN, THE
PRIESTS STILL
HAD NOT
REPAIRED THE
TEMPLE".**

2 Kings 12:6 NIV





WHAT TASKS HAVE YOU LEFT UNDONE?



Emotionally



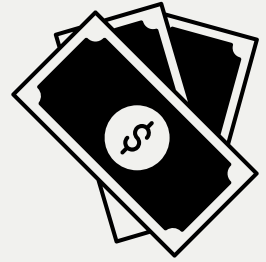
Physically



Spiritually



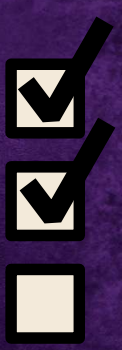
Mentally



Financially

LET'S TACKLE THIS TOGETHER!

- **Prioritize your health.**
 - Schedule your annual exams.
 - Schedule follow-up appointments.
 - **Declutter.**
 - **Work on Estate Planning** (Prepare your will and/or Trusts - living, revocable, asset protection).
 - **Reconcile** relationships.
 - Create a plan to reach your **educational goals**.
 - Establish **fitness** goals.
 - **Organize your finances.** Strive for short and long-term financial planning.
 - Reduce your **debt and spending**.
-



“...there can be no complete appreciation or celebration of Resurrection without acknowledging the process of discipline, sacrifice and faith that Christ exhibited during crucifixion.”

WHAT IS LENT?

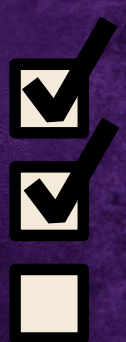
Lent has its origins in the 4th century AD in the Catholic Church. Lent is a season on the Christian calendar that spans 40 weekdays beginning on Ash Wednesday and concluding on Resurrection Sunday. It is distinguished as a time of prayer and preparation prior to the Resurrection.

Lent connotes that there can be no complete appreciation or celebration of Resurrection without acknowledging the process of discipline, sacrifice and faith that Christ exhibited during crucifixion.

The number 40 is connected with many biblical events, but most aptly with the 40 days Jesus spent in the wilderness facing temptations that sought to persuade him to abandon his mission and calling.

Christians today use this period of Lent as a time for introspection, self-examination, self-denial and repentance. Many Christian churches engage in prayer, fasting and penance, contemplating the need for God's grace.

Lent is a journey of preparation that allows believers to celebrate God's marvelous redemption at Resurrection and to recommit to living a victorious life. It's the perfect opportunity for G.R.O.W.T.H.



“...”A clean diet may include whole fruits, vegetables, lean proteins, whole grains, and healthy fats...”

WHAT WE EAT!

During Lent, the focus is clean eating. What is considered clean eating? A clean diet may include whole fruits, vegetables, lean proteins, whole grains, and healthy fats while limiting highly processed snacks and other packaged foods with added sugar and salt.

Limit Added Sugar

Most people eat too many added sugars. The American Heart Association recommends no more than about 6 teaspoons per day for women and 9 teaspoons per day for men. The average American gets about 4 times that amount—28 teaspoons of added sugar per day.

To clean up your diet, reduce added sugars by limiting sweets like soda, candy and baked goods. Look for foods without sugar as an ingredient, or make sure it's listed towards the bottom, which means less of it is used in the food.

Limit Processed Foods

Cutting back on processed foods will help you reduce your salt intake, as most packaged foods contain more sodium than homemade versions.

To help know what a clean eating diet looks like, we have a **chart on the next page** listing amazing fruits, vegetables and MORE!





“...Cutting back on processed foods will help you reduce your salt intake, as most packaged foods contain more sodium than homemade versions...”

WHAT WE EAT!

Vegetables

Carrots
Spinach
Kale/Collards
Broccoli
Cauliflower
Asparagus
Peppers
Squash
Eggplant
lettuce
Cucumbers
Corn
Peas
Onions
Mushrooms
Avocados
Tomatoes
Potatoes
All Vegetables

Fruit

Berries
Cherries
Cantaloupe
Lemons
Honeydew
Melons
Papaya
Nectarines
Grapes
Oranges
Clementine
Peaches
Watermelon
Pineapple
Pears
Kiwi
Mango

Protein

Black beans
Garbanzo Beans
Edamame
Chia Seeds
Lentils
Seitan
Grass-fed chicken
Fish (mercury-free)
Eggs

Pantry Items

Chickpea Pasta
Whole Wheat Flour
Coconut Flour
Almond Flour
Chickpea Flour
Honey
Breads - organic
sprouted or whole
grain bread
Tomato Sauce
Diced Tomatoes
Tomato Paste
Vegetable Broth
Chicken Broth
Coconut Milk

Nuts & Grains

Almonds
Cashews
Pistachios
Walnuts

Peanut Butter
Almond Butter
Cashew Butter

Brown Rice
Farro
Oats (not pre-flavored)
Quinoa

Dairy*

**Limit dairy as much as you can for a clean diet.*

Plain yogurt
(Greek or regular)
Milk
Cheese (no processed cheese slices)
Unsweetened non-dairy milk

Condiments & Oils

Hummus
Salsa
Apple Cider
Vinegar
Vinaigrettes
Mustard (sugar-free)
Herbs and spices
Olive Oil





“...”Research shows fasting for a certain number of hours each day or eating just one meal a couple of days a week may have health benefits as well. ..”

“*Wisdom: Consult with your physician or medical professional prior to starting any fasting regimen

WHEN WE EAT!

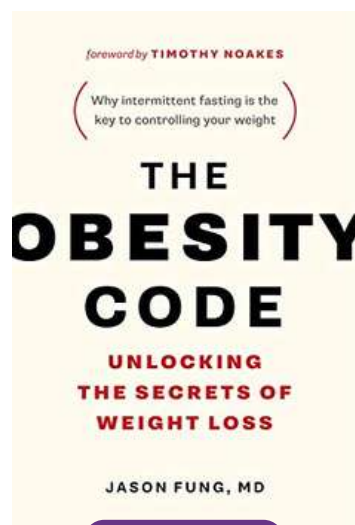
During Lent (for everyone that is able), we encourage you to try **intermittent fasting**. This involves only eating during a specific time. Research shows fasting for a certain number of hours each day or eating just one meal a couple of days a week may have health benefits as well.

There are a number of methods of intermittent fasting. However, the most popular method is the 16/8 method. This method is also called the Leangains protocol. It involves skipping breakfast and restricting your daily eating period to 8 hours, such as 1–9 p.m.

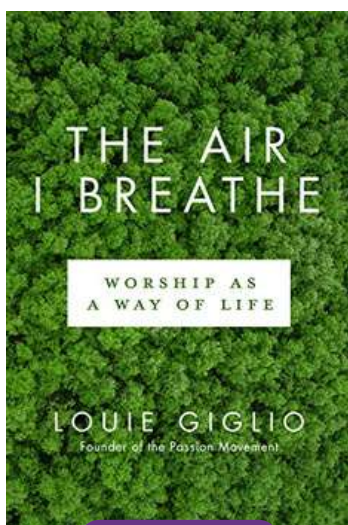
Then you fast for 16 hours in between. During the times when you’re not eating, water and zero-calorie beverages such as black coffee and tea are permitted.

WHAT WE ARE READING

All of the recommended reading materials can be purchased on Amazon.
Click under each book to review.



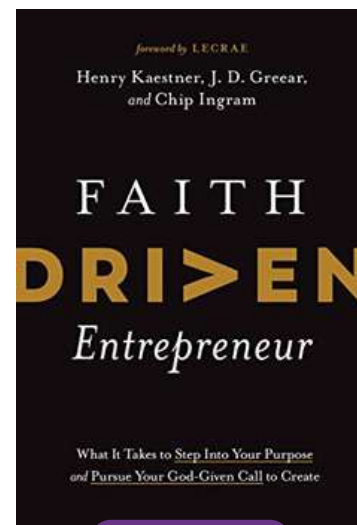
[CLICK HERE](#)



[CLICK HERE](#)



[CLICK HERE](#)



[CLICK HERE](#)





“...G.R.O.W.T.H. groups facilitate spiritual growth and learning while incorporating biblical principles into everyday practices and decision-making.”

WHAT TO DO!

DURING THE LENTEN SEASON COMMIT TO THE FOLLOWING:

- **Pray** in the morning, noon, and evening.
- **Read** your bible daily.
- Commit to 30 minutes of **exercise** per day.
- **Share your journey** on our Facebook Group Page - *Tackling Tasks Left Undone*. Join from our Facebook Page at @springfieldbaptistchurch.conyersga
- Tune into **virtual bible study** each Wednesday @ 7pm.
- **Worship** with us on Sundays @ 10am.
- **#Reclaiming Sunday** - Commit to family time. Worship and fellowship together as a family. **Post your photos** using **#ReclaimingSunday** & encourage others to do so.
- **Consider joining a G.R.O.W.T.H. Group**. Registration for Groups will begin during Holy Week (the week of April 3). G.R.O.W.T.H. groups facilitate spiritual growth and learning while incorporating biblical principles into everyday practices and decision-making. Stay tuned for more information on how to connect with a G.R.O.W.T.H. Group.
- **Tithe** in Love and Obedience to our God. **Recite** the All-Tithers Month Prayer for March.

All-Tithers Month Offertory Prayer:

Father of glory, we bring to you our tithes and offerings, for you have commanded us to bring the full tithe into the storehouse. We are blessed that your command is accompanied by a promise. You said to test you in this. You told us to see if you will not open the windows of heaven and pour out for us blessing without measure. You said you will protect what we have sowed and that we will be fruitful and blessed. All praise to you, our provider and keeper. Amen.



“...Lace-up your shoes and join us for a 5K walk around the campus as we bring awareness about heart disease.”

ADDITIONAL ACTIVITIES!

March 12, 12-4pm

Atlanta Community Food Bank Hunger Walk Run.



ATLANTA
COMMUNITY
FOOD BANK

Springfield Baptist Church is an ACFB Partner. The Walk Run helps to bring awareness to hunger in our local communities and raises money to support local food banks like SBC as well as community kitchens, daycares, and senior centers.

SIGN UP

March 12, 4pm - 7pm

Courageous Conversations Rockdale & Equitable Dinners
Atlanta

How to have Life-Changing Cross-Cultural Friendships
FREE EVENT!

REGISTER

March 25, 9:00 am

Annual Woods Stroke Awareness 5K Run/Walk (Springfield Baptist Church Campus) Make plans to participate in our annual Woods Stroke Awareness 5K. Lace-up your shoes and join us for a 5K walk around the campus as we bring awareness about heart disease.

Explore local trails

Newton County Trails

Rockdale County Trails



“....devote themselves to memorizing the Lord's Prayer and or the Books of the New Testament.”

KINGDOM KIDS!



Calling all Elementary Students!

Join us for Children's Church each Sunday @ 10:00 am in the Springfield Ministry Center Building.

During the Lenten season, Kingdom Kids can prepare their hearts for Jesus by fasting for **1 hour of screen time during the week** to devote themselves to **memorizing the Lord's Prayer and or the Books of the New Testament.**



PASTORS JIM & ROBIN JAROS
CHILDREN'S PASTORS



“...if the Lord leads you to do something else then **DO IT**, just make sure you do something **LOL.**”

THE REFUGE!



Calling all Middle and High School students!

Join us for **Joshua Generation Services** on the 2nd & 4th Sundays at 10:00 am beginning Sunday, February 26 in the Springfield Ministry Center Building.

As we near another lent season it's important that we all do our part to reflect and prepare for Resurrection Sunday. The Joshua Generation will be participating by using our social media platforms to show **EVERYONE THAT WE LOVE THE LORD!** How might you ask? **Commit to posting via our social media platforms at least 3 TIMES A WEEK!!**

Allow yourself to be creative in your postings for example:

- **Pray with me Mondays** (share a simple prayer with the intention of praying for others).
- **Testimony Wednesdays** (share something good that the Lord has done).
- **Thank God it's Friday** (share how great your week was, solicit prayers, and share your favorite scripture).

These are all examples. And, if the Lord leads you to do something else then **DO IT**, just make sure you do something **LOL.**



PASTOR CURTIS AKEEM MCCULLOUGH
YOUTH PASTOR



“....Good Friday Service with Saint Philip A.M.E. Church @ 12 noon.”

SCHEDULE OF SERVICES!

HOLY WEEK & RESURRECTION SUNDAY SCHEDULE



HOLY WEEK

Observed April 3-7



PALM SUNDAY

Sunday, April 2

In-Person Worship Service



GOOD FRIDAY

Friday, April 7

In-Person Worship Service with Saint Philip A.M.E. Church @ 12 noon



RESURRECTION SUNDAY

Sunday, April 9

Resurrection Sunday Service (In-Person)

* Sunrise Service - 7am

* Resurrection Service - 10am