




THIS IS MY EXTRA

L E N T E N G U I D E 2 0 2 4



Because we know that this extraordinary day is just ahead, we pray for you all the time—pray that our God will make you fit for what he's called you to be, pray that he'll fill your good ideas and acts of faith with his own energy so that it all amounts to something.

- 2 Thessalonians 1:11 (MSG)

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On January 5th, an Alaska Airlines Boeing 737 Max 9 flight lost cabin pressure when the emergency door blew off at 16,000 feet above Portland, Oregon. The 6 member crew miraculously averted a catastrophe as there was zero loss of life after they conducted an emergency landing with 174 passengers aboard. Alaska Airlines acted swiftly to ground some 20% of their fleet. Subsequently, the FAA grounded 171 Boeing 737 Max 9 airplanes mandating that their door plugs be inspected. Additionally, Boeing halted production on additional 737 Max 9's. Preliminary findings suggested that this near mid-air calamity was due to missing bolts and loose screws.

What happened next was extraordinary! It normally takes approximately 12 hours per plane for mechanics to complete these inspections on all 171 planes. They began with the removal of two rows of seats and the adjacent cabin interior to access the infrastructure. Only then could the four bolts attaching the door be tested and tightened. Finally, there was a 20 page checklist of measurements and documentation that needed to be completed before the aircrafts could be cleared to return to service. An ordinary problem is no match for an extraordinary solution!

The Apostle Paul wrote multiple letters to two New Testament churches, Corinth and Thessalonica. The extra letter was necessitated by several ordinary problems such as false teaching, doctrinal confusion and personality disputes. Paul wrote this extra letter to the church at Thessalonica urging them to be steadfast and to live their lives in ways that bring glory to Jesus Christ our savior. In spite of those challenges, Paul defines the upcoming opportunities as the "extraordinary day". By deduction, the extraordinary day provided by God must be met with extraordinary efforts among the disciples of Jesus Christ. Paul encourages them to seize the day: "(I) pray that God will fill your good ideas and acts of faith with his own energy so that it all amounts to something".

This is an extraordinary day. This is an extraordinary moment. This is an extraordinary letter. We are an extraordinary people. You are an extraordinary person. You possess extraordinary gifts, abilities and talents. You believe in an extraordinary God. It's time to live an extraordinary life! The ordinary is an obstacle to the extraordinary. We invite you during this Lenten season to engage with Springfield's family and friends for 40 Extraordinary Days. Do something for yourself, for the Lord and for others that goes beyond your ordinary. Document your "good ideas and acts of faith" and share it on social media. Use the hashtag #ThisIsMyExtra. Encourage your entire family and circles of friends to have 40 Extraordinary Days of prayer, meditation, fasting, financial discipline, service projects, fellowship and worship.

Yours in Christ,

Rev. Dr. Eric W. Lee, Sr.

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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.

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LENT INSTRUCTIONS

> FASTING

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 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.



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LENT INSTRUCTIONS

CLEAN EATING CHART

| Clean Eating List | | |
|---|--|---|
| VEGETABLES | FRUIT | PROTEIN |
| Carrots Spinach Kale/Collards Broccoli Cauliflower Asparagus Peppers Squash Eggplant Lettuce Cucumbers Corn Peas Onions Mushrooms Avocados Tomatoes Potatoes All Vegetables | Berries Cherries Cantaloupe Lemons Honeydew Melons Papaya Nectarines Grapes Oranges Clementine Peaches Watermelon Pineapple Pears Kiwi Mango | Black beans Garbanzo Beans Edamame Chia Seeds Lentils Seitan Grass-fed chicken Fish (mercury-free) Eggs |
| DAIRY | NUTS AND GRAINS | PANTRY ITEMS |
| <i>*Limit as much as you can for a clean diet.</i> Plain yogurt (Greek or regular) Milk Cheese (no processed cheese slices) Unsweetened nondairy milks | Almonds Cashews Pistachios Walnuts Peanut Butter Almond Butter Cashew Butter Brown Rice Farro Oats (not pre-flavored) Quinoa | 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 |
| CONDIMENTS AND OILS | | |
| Hummus Salsa Apple Cider Vinegar Vinaigrettes Mustard (sugar-free) Herbs and spices Olive Oil Coconut Oil Avocado Oil | | |

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LENT INSTRUCTIONS

> WHEN WE EAT (INTERMITTENT FASTING)

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.

> COMMITMENT

During the Lenten Season Commit to the following:

- **Pray in the morning, noon, and evening.**
- **Drink at least 64 oz of water daily.**
- **Dedicate daily reading of your bible.**
- **Commit to 30 minutes of exercise per day.**

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40 DAYS OF EXTRAORDINARY

As we enter into the sacred season of Lent, we are called to reflect on the message of 2 Thessalonians 1:11, where Paul fervently prays for believers to live lives worthy of their calling, enabling God to fulfill His purpose in and through them. This verse echoes a profound truth: that our journey of faith extends beyond mere observance of rituals and traditions. It beckons us to embrace a spirit of excellence, to go beyond the ordinary, and to manifest God's extraordinary power and grace in our lives. As we delve deeper into this Lenten season, may we be inspired to rise above complacency, to pursue righteousness with zeal, and to live out our faith in ways that truly glorify God.

Starting on Ash Wednesday, February 14th, join us for a daily devotional journey during Lent centered on SBC's core values/ G.R.O.W.T.H. Explore how these values can guide us to live out 40 days of extraordinary. Share your personal journey of "Doing Extra" using the hashtag #ThisIsMyExtra on social media to inspire others.

G. GROWING THROUGH GOD'S WORD (CHRISTIAN EDUCATION)

"And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers." Acts 2:42 NKJV

Do Extra in your time with God. During this Lenten season, dedicate more quiet moments and devotional time with God. It's an opportunity to deepen our connection with God. Consider setting aside a few moments each day for devotional activities.

WAYS TO BE EXTRAORDINARY:

- ***PRAY AT LEAST 3 TIMES A DAY. DEDICATE A SPECIFIC TIME EACH DAY FOR PRAYER AND MEDITATION.***
- ***KEEP A JOURNAL TO TRACK YOUR SPIRITUAL JOURNEY.***
- ***JOIN A SUNDAY SCHOOL CLASS TO HELP GROW YOUR KNOWLEDGE IN GOD'S WORD.***
- ***JOIN A G.R.O.W.T.H. GROUP***
- ***TUNE INTO THE SBC'S ONLINE WEDNESDAY NIGHT BIBLE STUDY.***

R. RECONNECTING GENERATIONS THROUGH FELLOWSHIP AND WORSHIP

"So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart, praising God and having favor with all the people. And the Lord added to the church daily those who were being saved."

Acts 2:46-47 NKJV

Do Extra in fellowship with your family and others you connect with.

WAYS TO BE EXTRAORDINARY:

- **ATTEND NEXGEN'S FAITH FUSION EVENT: UNITING GENERATIONS, IGNITING FAMILIES. FEB 23RD AT 7PM HERE AT SBC.**
- **REACH OUT TO SOMEONE IN A NURSING HOME.**
- **READ TO CHILDREN AT A CHILDCARE FACILITY.**
- **HOST A FAMILY DINNER.**
- **ATTEND WEEKLY SUNDAY WORSHIP SERVICE WITH YOUR FAMILY. BRING A FRIEND!**

O. OPERATING IN OUR SPIRITUAL GIFTS (DISCIPLESHIP)

"Then fear came upon every soul, and many wonders and signs were done through the apostles." Acts 2:43 NKJV

A Spiritual Gift is an extraordinary power given by the Holy Spirit. These are believed to be supernatural graces that Christians need to fulfill the mission of the church. Do Extra using your spiritual gifts. Did you know we all have spiritual gifts? Exploring your spiritual gifts is a fulfilling journey that allows you to embrace how God has uniquely crafted you to serve and uplift others. God has a purpose for your life and gifts. Use your spiritual gift in an extraordinary way. If you have not taken the spiritual gifts assessment, click one of the links below here to learn about your unique spiritual gift.

SPIRITUAL GIFTS ASSESSMENT**QUICK SPIRITUAL GIFTS TEST**

- Find a ministry within the church to serve others.
- Seek opportunities to serve your elders in your family and community.

Gift of Healing:

- Pray for the sick or those in need of emotional or spiritual healing.
- Offer a listening ear and words of comfort to those going through difficult times.
- Volunteer at hospitals, nursing homes, or counseling centers to provide support.

Gift of Miracles:

- Pray for God's intervention in challenging situations, believing in His power to bring about change.
- Share testimonies of answered prayers and miraculous experiences to inspire others.
- Volunteer for outreach ministries that bring tangible help to those in need, trusting God to work through your efforts.

Gift of Prophecy:

- Share words of encouragement or exhortation with fellow believers.
- Pray for discernment and guidance, asking God to reveal His will for individuals or the church community.
- Participate in intercessory prayer groups, lifting up specific needs and seeking God's direction.

W. WINNING THE COMMUNITY (EVANGELISM)

"Then those who gladly received his word were baptized; and that day about three thousand souls were added to them." Acts 2:41 NKJV

Do Extra! Share the gospel. When was the last time you shared the gospel of Jesus Christ with someone? Make a difference during Lent by sharing the good news of Jesus Christ with others. Think about the last time you offered a comforting word to someone in need or performed an act of kindness without expecting anything in return. This Lent, set a goal to actively spread the gospel and display kind actions in your daily life. Your actions, no matter how small, can have a big impact. God has unique plans for each of us, and by reaching out to others, you're opening yourself up to the ways He might work through you.

WAYS TO BE EXTRAORDINARY:

- **PERFORM A RANDOM ACT OF KINDNESS.**
- **INVITE A FRIEND OR COLLEAGUE TO DRIVE THROUGH PRAYER.**
- **INVITE A FRIEND OR COLLEAGUE TO ASH WEDNESDAY SERVICES ON FEBRUARY 14 AT SBC.**
 - **DRIVE THRU IMPOSITION OF ASHES (7AM-8:15)**
 - **NOONDAY IMPOSITION OF ASHES**
 - **7:00 PM ASH WEDNESDAY SERVICE AND IMPOSITION OF ASHES**
- **GO OUT OF YOUR WAY TO ASSIST A CO-WORKER AT YOUR JOB/SCHOOL.**
- **PRAY FOR FRIENDS WHO AREN'T FOLLOWERS OF CHRIST, BY NAME**

T. Tithing in Love and Obedience to our God (Stewardship)

"Now all who believed were together, and had all things in common,"
Acts 2:44 NKJV

Do Extra! In our Lenten journey, let's embrace a spirit of generosity and stewardship. As we reflect on Christ's sacrifice, let's also consider how we can sacrificially give of our time, talents, and resources to further God's kingdom. Through cheerful giving and faithful stewardship, we not only honor God but also bless others in profound ways. Let's walk this Lenten path together, seeking to #BeExtra in our tithe and offerings, knowing that every gift, no matter how small, makes a difference in advancing God's kingdom.

WAYS TO BE EXTRAORDINARY:

CHECK OUT THE FOLLOWING STEWARDSHIP TOOLS IN THE LINK BELOW:

**H. Helping to Empower the World (Service)**

"...and sold their possessions and goods, and divided them among all, as anyone had need." Acts 2:45 NKJV

Do Extra in how you serve your community. Serving others embodies the church's core value of Helping to Empower the World, reflecting Christ's love and compassion in tangible ways. By actively engaging in service, we not only address the physical and emotional needs of those around us but also creates empowerment and hope in others. This commitment to service is a powerful testament to our faith, demonstrating that through our actions, we can be instruments of God's grace, making a meaningful difference in the world and showcasing the transformative power of Christian love.

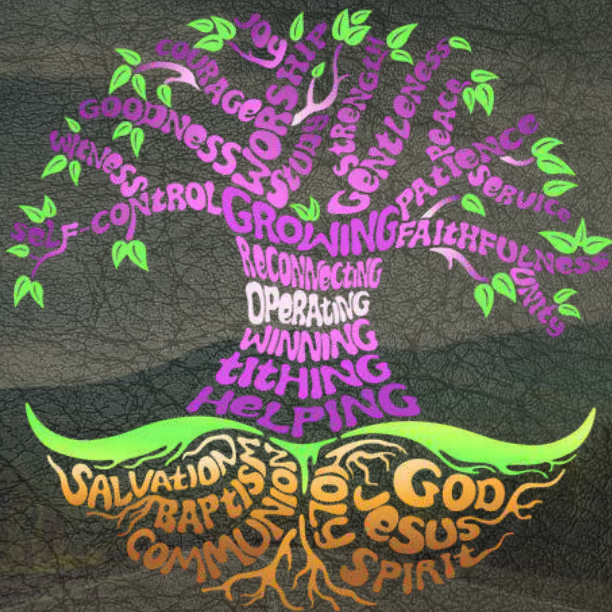
WAYS TO BE EXTRAORDINARY:

- VOLUNTEER WITH OUR MONTHLY FOOD PANTRY AND SIGN UP TO HELP TRANSPORT FOOD TO THOSE IN NEED.
- ASSIST AN ELDERLY NEIGHBOR.
- PARTICIPATE IN A COMMUNITY CLEAN UP - HIGHWAYS, RIVER BANKS, PARKS, HISTORIC CEMETERIES, ETC.
- HELP PACK MEAL KITS FOR THE UNHOUSED.
- DONATE BOOKS.
- VOLUNTEER TO READ AT YOUR LOCAL ELEMENTARY SCHOOL OR CHILDCARE FACILITY.



ROOTS CAMPAIGN

THE ROOTS CAPITAL STEWARDSHIP CAMPAIGN



Springfield has a habit of believing in God for more. God has a habit of doing “exceeding, abundantly above all we could ever ask or think” Ephesians 3:20. A capital stewardship campaign is a special offering, an effort to raise capital funds above our tithes, for the purpose of expanding the church’s capacity to minister to our congregation, community and the world according to our core values (G.R.O.W.T.H.) that are derived by our Bible-based core beliefs.

Every time Springfield has conducted a capital stewardship campaign, God met our extraordinary efforts with extraordinary energy and results. Our previous campaigns have yielded 110+ acres of land at four different locations in Rockdale and Newton counties. Our most recent GLORY campaign is what purchased our permanent home at 1877 Iris Drive just 10 short years ago for \$12M.

Today, I am excited to announce that our next capital stewardship campaign will officially begin in the Spring of 2024. It is entitled the Roots Campaign, inspired by scripture, “Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.” Colossians 2:7. The healthiest trees grow in two directions. Their branches extend toward the sun but only if their roots are growing downward into fertile soil. Similarly, our G.R.O.W.T.H. must be anchored by deep roots in Jesus the Christ our Savior and Lord.

ROOTS CAMPAIGN

THE ROOTS CAPITAL STEWARDSHIP CAMPAIGN

The first objective of the two-year Roots capital stewardship campaign will seek to challenge, develop and equip all members to “tithe in love and obedience to our God”. The second objective will seek to raise millions over and above our tithes over the next two years. These additional funds will be allocated to simultaneously address four needs.

(1) Completing Construction - Finishing the 25,000 square foot, second floor of the Springfield Worship Center.

(2) Renovations & Infrastructure - We will invest in upgrades of furnishings, fixtures and technology that enhance our ability to minister to the thousands that frequent our physical and digital sanctuary and the thousands that are forthcoming.

(3) Outreach Facility - Our robust efforts to address food insecurity within our community compel us to construct an outreach facility to replace our properties lost to eminent domain.

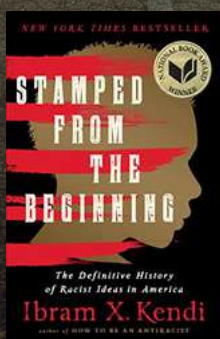
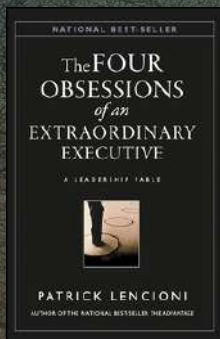
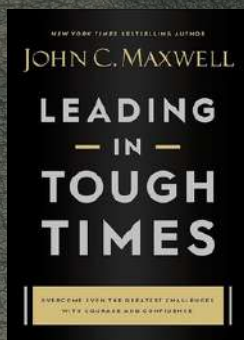
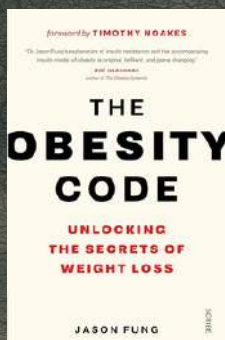
(4) Debt Reduction - In 2013, Springfield purchased 1877 Iris Drive for \$12M a campus that took more than \$20M to build. Today, our debt is approximately \$7.2M. We intend to burn this mortgage before this decade is complete!

Stay tuned for more Roots Campaign details. In closing, I echo the words of Paul, “being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ” Philippians 1:6. Let’s get ROOTED!

WHAT WE ARE READING

Reference Books:

The Obesity Code, Leading in Tough Times, Ignite-50 Days of Prayer, The Four Obsessions of an Extraordinary Executive, I Command You To Fight, and Stamped From The Beginning, .





Dear NexGen family, as we embrace the sacred season of Lent—a time for profound reflection and renewal—we are filled with joy to embark on a distinctive spiritual journey together. This Lenten season is not just about participation for NexGen; it's a dedicated commitment to intentional steps towards growth in the Lord, embracing the transformative spirit of #thisismyextra.

Here's how we are nurturing our walk with the Lord during this season:

Monday: Scripture Monday

Let's initiate the week by immersing ourselves in the richness of meaningful scripture. We'll delve into verses that set the tone for renewal and reflection. Psalm 119:105|Romans 12:2

Tuesday: Prayer Tuesday

Gear up for a powerful prayer experience! Each week, we'll focus on different prayer themes—personal growth, global concerns, or community well-being. Your prayers are not just welcomed; they are integral to the unity we seek in our spiritual journey. Philippians 4:6|Psalm 145:18

Wednesday: Acts of Kindness Wednesday

Midweek let's spread kindness! Participate in the challenge to perform acts of kindness and share your uplifting stories. Acts of kindness, as we believe, are moments truly worth celebrating. Hebrews 13:16|Galatians 6:9

Thursday: Fasting Thursday

Challenge accepted! Thursdays are our days to practice self-discipline. Choose something to fast from—be it social media, snacks, or any habit. Let's reflect on how this discipline brings us closer to our spiritual selves, deepening our connection with the divine. Matthew 16:24|Matthew 4:4

Friday: Faithful Friday

Cheers to Friday! Let's come together to celebrate stories of faith and resilience. Share the moments that have strengthened your faith on this uplifting day. Romans 8:38-39|Proverbs 3:5-6

Saturday: Reflection Saturday

Ease into the weekend with thoughtful reflection. I'll present some thought-provoking questions or quotes. Feel free to share your reflections as we dig deeper into spiritual contemplation. Psalm 139:23-24|Colossians 3:16

Sunday: Scripture Study Sunday

Wrap up the week by delving even deeper into scripture. Join our worship experience as we explore longer passages and discuss their profound meanings. Bring your questions, and let's embark on a journey of learning together. 2 Timothy 3:16|Matthew 7:24

This Lenten season is an invitation to grow, share, and deepen our connection with God. Springfield family, welcome to a season of intentional spiritual transformation with NexGen! 🌟
#thisismyextra



Lent is a prime time to introduce spiritual disciplines like prayer, fasting and remembering the sacrifice Jesus made for us. Beginning at about five or six years old, children can be encouraged to give something up, or to adopt a positive practice, as a way of entering into the spirit of Lent.

Download the Kingdom Kids Lenten calendar. Follow the daily path and help your child complete the daily Lent inspired activities that lead up to Resurrection Sunday. Kingdom Kids has made it easy for you to include your children in the lenten activities.

ACCESS OUR HANDY GUIDE HERE.



HOLY WEEK & RESURRECTION SUNDAY SCHEDULE

PALM SUNDAY: MARCH 24, 2024

- 10 AM SERVICE

HOLY WEEK: MARCH 25-29, 2024

GOOD FRIDAY: MARCH 29, 2024

- ST. PHILIP A.M.E. CHURCH - 12PM
- NEW ROCK COMMUNITY GOOD FRIDAY SERVICE- "LAST SEVEN WORDS", 7PM

RESURRECTION SUNDAY: MARCH 31, 2024

- SONRISE SERVICE: 7:00 AM
- RESURRECTION SERVICE: 10 AM

FEBRUARY AND MARCH CALENDAR OF EVENTS

FEBRUARY SUNDAY EVENTS

- HEART AWARENESS SUNDAY 2/11
- HBCU SUNDAY 2/18
- AFRICAN ATTIRE SUNDAY 2/25
- BLACK HISTORY MONTH PROGRAM 2/28
- BOOK CLUB WITH PASTOR LEE 2/29 @ 7PM

Register Here
for book club



BOOK TITLE: MASTER SLAVE HUSBAND WIFE



**PURCHASE
BOOK HERE**

MARCH 10 - DAYLIGHT SAVINGS TIME, SPRING FORWARD!