



HERE WE GROW AGAIN

L E N T E N G U I D E 2 0 2 5



And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. 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 2:6-7

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We all love the buds and blossoms that signal the arrival of spring. The Cherry Blossom trees, and the Bradford Pear trees are clothed in white; the Tropical Hibiscus and Lilies fill the air with a sweet aroma. The God of creation shows out with every new sunrise. Have you ever thought about what happens BEFORE trees, bushes and plants are covered in beautiful colors and exude sweet scents? There literally has to be a resurrection!

Cold temperatures and diminished sunlight cause trees to go dormant throughout the winter. However, as daylight increases with the change of seasons, sunlight awakens dormant roots. Longer days with warmer temperatures and Spring showers activate new growth in the soil. Sap begins to move throughout the root system of the tree delivering nutrients and creating new leaves. Before we can fully appreciate what has happened, a new bud exposes the flower that it was created to produce. We see the evidence of forces at work above us, underneath us and within us.

The Apostle Paul likens spiritual growth to the growth of trees, bushes and plants. He implores the church to "Let your roots grow down into (Christ)". He wants us to know that even on the days when we can't see the flowers on the branches or fruit on the vine, God is still growing us in some very consequential and substantial ways.

The Prophet Habakkuk writes about the conditions of dormant seasons declaring, "Though the fig tree may not blossom, Nor fruit be on the vines; Though the labor of the olive may fail, And the fields yield no food; Though the flock may be cut off from the fold, And there be no herd in the stalls" (Habakkuk 3:17). Although the situation seems dire in verse 17, Habakkuk uses the next verse to establish order, "Yet I will rejoice in the Lord, I will joy in the God of my salvation." (Habakkuk 3:18). Dormant days and dormant seasons challenge us to rejoice in what is and have faith for what will be.

This Lent 2025 we invite you to trust that GROWTH is happening before the flowers bloom.

Eyes won't always see it, ears won't always hear it, and the heart won't always comprehend what God has prepared for God's people (1 Corinthians 2:9). As you fast and pray during this season, be reminded that Springfield is entering a growth season that will compel us to finish the construction of our worship center, build an outreach center and make critical technology upgrades and renovations to the campus. Our "Roots" campaign will launch in 2025 as God continues to build God's church. Here we grow again!

Yours in Christ,

Rev. Dr. Eric W. Lee, Sr.

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WHAT IS LENT?

Lent originated in the 4th century AD within 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 PROCESSED FOODS

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

> 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.

LENT INSTRUCTIONS

CLEAN EATING CHART

Clean Eating List

VEGETABLES	FRUIT	PROTEIN
Carrots	Berries	Black beans
Spinach	Cherries	Garbanzo Beans
Kale/Collards	Cantaloupe	Edamame
Broccoli	Lemons	Chia Seeds
Cauliflower	Honeydew	Lentils
Asparagus	Melons	Seitan
Peppers	Papaya	Grass-fed chicken
Squash	Nectarines	Fish (mercury-free)
Eggplant	Grapes	Eggs
lettuce	Oranges	
Cucumbers	Clementine	
Corn	Peaches	
Peas	Watermelon	
Onions	Pineapple	
Mushrooms	Pears	
Avocados	Kiwi	
Tomatoes	Mango	
Potatoes		
All Vegetables		
DAIRY	NUTS AND GRAINS	PANTRY ITEMS
<i>*Limit as much as you can for a clean diet.</i>	Almonds	Chickpea Pasta
Plain yogurt (Greek or regular)	Cashews	Whole Wheat Flour
Milk	Pistachios	Coconut Flour
Cheese (no processed cheese slices)	Walnuts	Almond Flour
Unsweetened nondairy milks	Peanut Butter	Chickpea Flour
	Almond Butter	Honey
	Cashew Butter	Breads – organic sprouted or whole grain bread
	Brown Rice	Tomato Sauce
	Farro	Diced Tomatoes
	Oats (not pre-flavored)	Tomato Paste
	Quinoa	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		

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

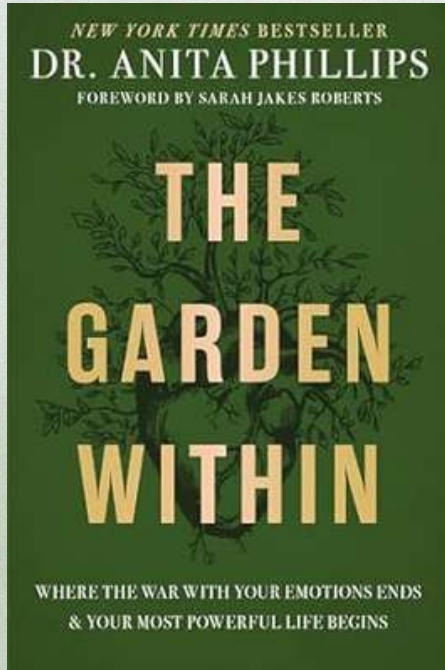
During the Lenten Season Commit to the following:

- **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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BIBLE STUDY FOCUS

Isaiah Berlin was a unique character in the field of philosophy. The Russia born; Oxford University educated philosopher despised writing, but his lectures were often converted into books. Berlin believed that there were two concepts of liberty: Negative liberty (when individuals are not physically prevented from taking action) and Positive liberty (when individuals have freedom from internal constraints). Positive liberty is achieved when we master ourselves. We are not at our best until we have both negative and positive liberty. Springfield will continue to grow towards emotional health as we engage in Bible Study over the work of Dr. Anita Phillips' new book.



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FINANCIAL FASTING

*“The Spirit of the Lord is upon Me, Because He has anointed Me
To preach the gospel to the poor; He has sent Me to heal the brokenhearted,
To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those
who are oppressed; To proclaim the acceptable year of the Lord.” Luke 4:18-19*

Economic empowerment within the African American community was the final mission of Dr. Martin Luther King, Jr. The same racial disparities that existed decades ago continue to persist today. White wealth is still 10 times greater than African American wealth. African Americans still earn 25% less than their white counterparts. The unemployment rate for African Americans is nearly double that of white Americans. Diversity, Equity and Inclusion (DEI) programs were intended to address these pervasive disparities. After the public murder of George Floyd, many corporations recommitted themselves to DEI programs.

Today, there is an all-out assault on DEI programs. Critics of DEI suggest that minorities are being given jobs for which they are “unqualified”. Nothing could be further from the truth. Dr. King was aware that African American wealth must be leveraged to bring about systemic change. The Montgomery Bus Boycott was a moment in time when underserved African Americans began to realize their worth and value.

We are NOT calling for a boycott at the moment. However, we are calling for all who have been impacted and offended by the government and corporate rollbacks from DEI programs to become conscientious consumers. According to Black Wall Street, African American buying power in the United States is projected to reach nearly \$2 Trillion (\$1.98T) in 2025. This growing economic power makes African American consumers a key driver of the US economy.

We believe that we should only spend our TRILLIONS with companies that are committed to expanding opportunities for people of color and impoverished people everywhere. Consider changing some of your consumer habits. Let's reshape our world as we shop. Each week we will share an updated list of companies that have de-committed from DEI and those that have re-committed to DEI. For more information, please consult the NAACP Black Consumer Advisory.





HERE WE GROW AGAIN

A 40 DAY GUIDE

EACH WEEK COMMIT TO COMPLETING
ONE OR MORE ITEMS ON THE LIST

As we journey through Lent, we focus on our core values: Growing Through God's Word, Reconnecting Generations, Operating in Our Spiritual Gifts, Winning the Community, Tithing in Obedience, and Helping to Empower the World. Below is a 40-day guide to encourage spiritual growth, service, and connection.

WEEK 1: GROWING THROUGH GOD'S WORD (CHRISTIAN EDUCATION)

1. **Ash Wednesday:** Attend service & commit to daily Bible reading.
2. **Memorize Psalm 119:105** – “Your word is a lamp to my feet...”
3. **Read and reflect** on a parable of Jesus (e.g., The Sower, Matthew 13:1-23).
4. **Pray for 10 minutes** focusing on spiritual growth.
5. **Join a G.R.O.W.T.H. Group.**

WEEK 2: RECONNECTING GENERATIONS THROUGH WORSHIP & FELLOWSHIP (FELLOWSHIP)

1. **Get involved with the Nursing Home Ministry** here at SBC
2. **Teach a child or teen** your favorite Bible verse.
3. **Host a family prayer night.**
4. **Read about a historic Black Christian leader** who impacted faith.



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WEEK 3: OPERATING IN OUR SPIRITUAL GIFTS (DISCIPLESHIP)

1. Take a spiritual gifts test & reflect on how to use them.
2. Sign up for a ministry at church that aligns with your gifts.
3. Volunteer at a church or community event. (Servolution, Women's Ministry, Children's Ministry, MPT, etc.)
4. Pray and ask God to reveal new ways to serve.
5. Support someone else's ministry by attending their event or encouraging them.

WEEK 4: WINNING THE COMMUNITY (EVANGELISM).

1. Invite someone to church or Bible study.
2. Give out a care package (water, snacks, scripture) to someone in need.
3. Pray for NewRock, Dekalb, Henry & Walton counties and its leaders.
4. Write a thank-you note to a teacher, first responder, or community worker.
5. Support a Black-owned business in the community.
6. Like, Share, Tag and Repost Springfield Baptist Church on your social media platforms.



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WEEK 5: TITHING IN LOVE & OBEDIENCE TO OUR GOD (STEWARDSHIP)

1. Donate gently used clothes or food to a local charity.
2. Cut one unnecessary expense and invest the savings.
3. Attend the SBC Financial Literacy Workshop Series (see Realm for details).
4. Pray over your finances and career, trusting God's plan.

WEEK 6: HELPING TO EMPOWER THE WORLD (SERVICE)

1. Learn about a global mission project and pray for it.
2. Support a missionary or international ministry.
3. Volunteer with the SBC Food Pantry (April 12&26)
4. Reduce waste for a day—be a good steward of creation. (Recycle, donate, conserve water and electricity)
5. End Lent by writing down what God has taught you and how you will continue growing.

We pray this Lenten season strengthens your faith and helps us all grow together. Here We Grow Again!



NEXGEN LENT CHALLENGE: LESS SOCIAL MEDIA, MORE GOD

Hey NexGen! It's Pastor Curtis here, and I want to let you in on what we're doing for Lent this year. We're taking on the challenge of giving up social media—not completely, but by intentionally cutting back. If you find yourself scrolling for hours, try cutting that time in half. The goal is to create more space for God in our daily lives.

And to keep it real with y'all, I'm giving up something that's going to be tough for me—buying sneakers. Y'all know I love my kicks, but I realize that sometimes my love for sneakers can take up space that I need to be giving to God. So, for these 40 days, I'm putting that on pause to focus on growing spiritually. I'm challenging you to find that one thing that competes for your attention and let it go for this season.

SCRIPTURE FOR THE JOURNEY

Matthew 6:33 (NIV) - "But seek first his kingdom and his righteousness, and all these things will be given to you as well."

This verse reminds us that when we prioritize God above all else, everything else falls into place. By cutting back on social media and distractions, we're making room to seek God's kingdom first.

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NEXGEN

The logo for Springfield Baptist Church, featuring a circular emblem with a cross and the text "SPRINGFIELD BAPTIST CHURCH" and "EST. 1870" around the perimeter.

WHAT THIS LOOKS LIKE: WEEKLY PLAN

Here's a guide to help us walk this out together:

Monday – Mindful Mornings

Start the day without your phone. Instead of scrolling, spend 10 minutes in prayer or reading Scripture. This sets a positive tone for the week.

Tuesday – Time Tracker

Keep track of how long you're on social media. Be honest with yourself. If you were on for 4 hours last week, try cutting that in half. Replace that time with something life-giving—like calling a friend, helping out at home, or diving deeper into God's Word.

Wednesday – Worship Break

Instead of watching random videos, listen to worship music or a Christian podcast. Let this time be about filling yourself with positivity and truth.

Thursday – Thoughtful Thursday

Reflect on how less social media is impacting you. Journal about your thoughts, feelings, and what God might be saying to you.

Friday – Face-to-Face Friday

Replace digital interactions with real-life connections. Hang out with friends or family in person. Building community is part of growing spiritually.

Saturday – Scripture Saturday

Dedicate time to dive deeper into the Bible. Use a devotional app (just for devotion, not for scrolling!) or read a chapter from one of the Gospels.


Sunday – Sabbath from Screens

Take a break from social media altogether. Use this day to rest, reflect, and recharge. Attend church, spend time with loved ones, and focus on worship and gratitude.

Let's Do This Together

This isn't just about giving something up; it's about gaining something greater—a closer relationship with God. I know it won't be easy (I'm already missing the thought of copping some fresh kicks), but I believe it's worth it. Let's keep each other accountable and encourage one another through the process.

We got this, NexGen!

A decorative border featuring pink and white flowers, including lilies and cherry blossoms, framing the text.



KINGDOM KIDS

Children's Ministry

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 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.

**SCAN HERE TO ACCESS THE
KINGDOM KIDS CALENDAR**



HOLY WEEK & RESURRECTION SUNDAY SCHEDULE

ASH WEDNESDAY SERVICES -

- 7AM-8:30 (DRIVE THRU)
- 12 NOON (IN-PERSON SERVICE)
- 7PM (DRIVE THRU)

HOLY WEEK: APRIL 13-20, 2025

PALM SUNDAY: APRIL 13, 2025

- 10AM WORSHIP SERVICE

GOOD FRIDAY: APRIL 18, 2025

- NEW BIRTH-NOON
- SBC- 7PM

RESURRECTION SUNDAY: APRIL 20, 2025. TBD

- SONRISE SERVICE:
- RESURRECTION SERVICE:

CALENDAR OF EVENTS

- ASH WEDNESDAY 3/5
- DAYLIGHT SAVINGS 3/5
- GROWTH GROUPS 3/9
- FINANCIAL LITERACY WORKSHOP (WEDNESDAY'S 3/12-4/16)
- KINGDOM KIDS SPRING GAMES 3/16
- PASTOR LEE'S BOOK CLUB 3/20 TBD
- WOMEN'S MINISTRY CONFERENCE EMPOWH.E.R 3/29
- EMPOWH.E.R WORSHIP SERVICE 3/30

Register Here
for book club

