

## The Opportunity For Transformation

The Grand Canyon is one of the Seven Natural Wonders of the World. To simply call it a hole in the ground minimizes the Creator and the elements that are responsible for its formations which have been millions of years in the making. This "wonder" consists of a 277 mile stretch of canyons and walls made of rock and earth composition formed along the banks of the Colorado River. The canyon extends from west to east and ranges in width from 4 to 18 miles. From the peaks of the Northern Rim, which extends some 8,000 feet above sea level, the canyon drops approximately one mile below with the most picturesque vistas that the world has ever known. People have traveled the world over to view what the world's greatest photographers have been unable to fully capture.

In recent weeks, I have visited the canyon for myself. How did we become the beneficiary of such an awesome reservoir of divine creation and human history?

The general scientific consensus is that the Grand Canyon began forming over 40 million years ago. Its formation and geological legacy was exposed by millions of years of decomposition, geographical uplift, and erosion. "Erosion?" was my initial reaction upon hearing the park rangers wax eloquently about their scientific explanations. How could something so beautiful, timeless, and awe inspiring be the result of erosion and decay? The Grand Canyon ultimately is addition by subtraction. It is what God removed that makes it such a magnificent wonder!

When I think about the season of Lent, this makes complete sense. Our lives are enhanced most by the removal of dead things. Lent is an opportunity for transformation that will only come through the process of dying to the flesh. The good news is that we need not wait 40 million years. In our journey toward transformation, this 40 day process of discipline and sacrifice demonstrates the veracity of God's Word. Paul writes that "to live is Christ and to die is gain." This guide contains seven disciplines by which we can increase our intimacy with God, spiritual discipline, intellectual development, and physical fitness. This program has been prayerfully constructed to direct our corporate sacrifice which enables us, through the spirit, to put to death the deeds of the flesh that we may live. Much like the Grand Canyon, our lives, beauty and value will be enhanced by this process of elimination.

Join us!

Pastor Eric W. Lee, Sr., M.Div.

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.*

**Romans 12:1-2**

## Springfield Baptist Church 2009 Lenten Calendar

### FEBRUARY

February 25 - Ash Wednesday - 7 PM  
February 27 - Prayer Vigil - 9 PM - 11 PM  
February 28 - Faith Walk - Sockwell Road

### MARCH

March 1 - Sacrament Sunday - Faith Run - Horse Park  
March 4 - Corporate Prayer - 6 AM - 7 AM, Bible Study - 7 PM  
March 7 - Faith Walk - Sockwell Road  
March 8 - Worship - Faith Run - Horse Park  
March 11 - Corporate Prayer - 6 AM - 7 AM, Bible Study - 7 PM  
March 14 - Faith Walk - Sockwell Road  
March 15 - Worship - Faith Run - Horse Park  
March 18 - Corporate Prayer - 6 AM - 7 AM, Bible Study - 7 PM  
March 21 - Faith Walk - Sockwell Road  
March 22 - Worship - Faith Run - Horse Park  
March 25 - Corporate Prayer - 6 AM - 7 AM, Bible Study - 7 PM  
March 28 - Faith Walk - Sockwell Road  
March 29 - Worship - Faith Run - Horse Park

### APRIL

April 1 - Corporate Prayer - 6 AM - 7 AM, Bible Study - 7 PM  
April 4 - Faith Walk - Sockwell Road  
April 5 - Palm Sunday, Sacrament Sunday, Faith Run  
April 6 - Morning Glory - 6 AM - 7 AM  
April 7 - Morning Glory - 6 AM - 7 AM  
April 8 - Morning Glory - 6 AM - 7 AM, Holy Week Revival - 7 PM  
April 9 - Morning Glory - 6 AM - 7 AM, Holy Week Revival - 7 PM  
April 10 - Good Friday, Morning Glory - 6 AM - 7 AM, Holy Week Revival - 7 PM  
April 11 - Faith Walk - Sockwell Road  
April 12 - Resurrection Sunday  
Community Sunrise Service at Church In The Now - TBA  
Worship Services at Springfield Baptist Church - 7:45 AM & 10:45 AM



### Springfield Baptist Church

3001 Old Salem Road, Conyers, GA 30013  
770.929.1111  
[www.SpringfieldMinistries.org](http://www.SpringfieldMinistries.org)

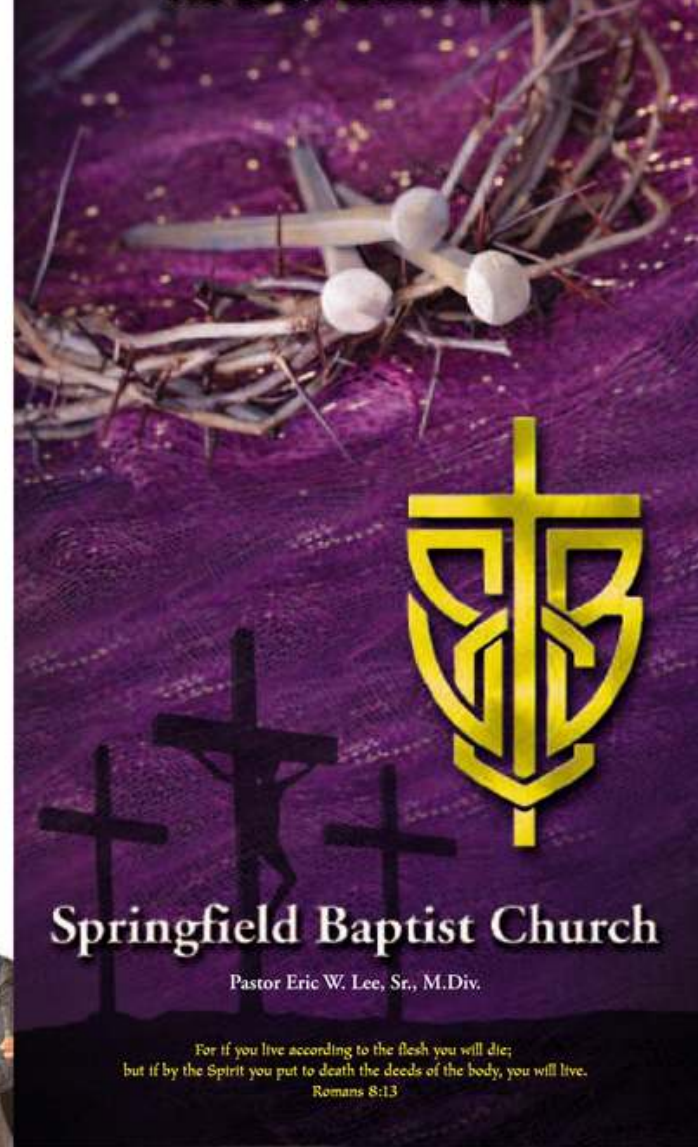
Sunday Worship - 7:45 AM & 10:45 AM  
Sunday School - 9:30 AM  
Senior Bible Study - Wednesday, 1 PM  
Mid-week Worship & Bible Study - Wednesday, 7 PM



Pastor Eric  
& First Lady  
Melk Lee

# TRANSFORMATION

## The 2009 Lenten Guide



## Springfield Baptist Church

Pastor Eric W. Lee, Sr., M.Div.

For if you live according to the flesh you will die;  
but if by the Spirit you put to death the deeds of the body, you will live.  
**Romans 8:13**

## The Key To Transformation

Nothing happens here on Earth without you! You are God's executive management authority. We all know or should know the Genesis creation stories where God outlines the mandate for humankind's management expectation. Genesis Chapters 1 & 2 opens and closes by giving us the day-by-day accounts of the creation story. It tells us that on the 6th day God looked over all of creation and saw that it was very good. It was in fact so good that on the seventh day that God blessed it, sanctified it, and rested from it. God's work was complete. What followed is humanity's opportunity to assume management responsibilities on the Earth. In order to assume the position we must first understand and define what management really is. Webster's Dictionary defines it as the act or art of managing, cultivating, ordering or organizing something. What then is our mandate from God? And how shall we navigate it? It is this - we are to be fruitful (produce); we are to multiply (expand); we are to replenish (add value to) the Earth; we are to subdue (control); and finally we are to have dominion (rule, lead, master, govern) over everything on the earth. In Genesis 2:5 we are introduced to the beginning of this concept. Until this point God has not caused it to rain upon the face of the earth, because there was no MAN to till the soil. There was not a man to manage God's property. Without the creation and existence of man, herbs could not be grown and cultivated, the animals would not have names and there would be no woman by his side. God's mandate gives us the permission and authorization to assume our management roles. Not only has God left us in charge, God has provided a holy handbook that addresses every possible issue, circumstance and situation related to our assignment. We have only to pick up the book and follow it without wavering. There are 66 books in this manual. In its pages we find testimonies, witnesses and many sweet accounts of successful management victories and we also find accounts of unsuccessful efforts, all of this without ever having to leave the first book, Genesis. If you find yourself wondering why you are here and what you should be doing while you are here, try looking for your purpose and your reason for being in God's Word. You'll find rest from your labor, peace for your pain, joy for your sorrows and strength to carry on, for we must use all of our management expertise to OCCUPY UNTIL HE COMES!

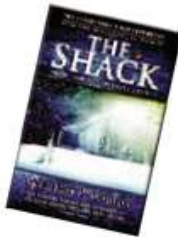
## SBC's Seven Disciplines of Lent

**1. The Church at Study** - Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. 2 Timothy 2:15. Springfield Baptist Church is a Bible-centered Christian ministry. We believe that the divinely inspired Word of God contains the guiding principles for spiritual, physical and intellectual development. During this year's Lenten season we seek to encourage every member of our church and their families to take full advantage of our Christian education offerings.

**A)** The Springfield Baptist Church Sunday School meets every Sunday for one hour beginning at 9:30 am. Our ministry has set a reasonable goal of averaging 500 students each Sunday. Your presence will enhance your Biblical knowledge while edifying your church.

**B)** Each Wednesday night during the season of Lent, our lessons will evolve from our collective reading of *The Shack*, a fictitious novel by William Young. Books are currently available in our WordsWorks Christian Bookstore at a discounted rate. For more information regarding this novel visit, [www.theshackbook.com](http://www.theshackbook.com).

**2. The Church at Prayer** - Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; Ephesians 6:18 Establishing a devotional time to read the Word of God and daily prayer is necessary for all productive Kingdom people. Prayer, when combined with the Word of God, endorses the Will of God. We can only achieve intimacy as we increase our private



time with the Lord. While private prayer is foundational, corporate prayer is a particular benefit of the Christian church. At SBC, we will pray for all the saints in private and in public. Please see the calendar of events for our corporate prayer schedule.

**3. The Church and Fasting** - Then the disciples came to Jesus privately and said, "Why could we not cast it out?" So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting." Matthew 17:19-21 The discipline of fasting is a time of self examination, purification, and refocusing our dependence and submission to our God. While fasting is most often associated with diet, some fasts include cessation of sex, television, internet, texting, and other things that may represent distractions from our intimacy with God. Throughout the 40 days of Lent, we invite the entire congregation and body of Christ to observe a progressive dietary fast. This schedule should be modified to coincide with the care and consultation of your primary care physician.

*Our corporate fast begins Wednesday, February 25, 2009 @ 7:00 pm and ends April 12, 2009 @ 12 midnight. Technically, Sundays are not included within the Lenten season. Should you elect to include the Sundays, which is recommended for consistency, your fast will extend approximately 46 days.*

**Stage 1** - Wednesday, February 25th - Saturday, March 7th. Eliminate ALL pork, sweets, fried foods, fast foods, breads, and ALL dairy products. Drink mostly water, protein smoothies, 100% juice products, and beverages for athletic restoration (vitamin water, Gatorade, powerade, etc). Consumption is limited to liquids between 7 pm and 7 am.

**Stage 2** - Sunday, March 7th - Wednesday, March 18th. In addition to Stage 1, limit all meals to what is commonly known as the Daniel Fast (vegetables & fruits only). Vegetables, fruits, nuts and liquids are all permissible.

**Stage 3** - Thursday, March 19th - Saturday, March 28th. In addition to Stages 1 & 2, consume only 1 hot meal per day. Raw vegetables, fruits, nuts, and liquids are permissible.

**Stage 4** - Sunday, March 29th - April 8th. For those that are physically, mentally & spiritually directed, this stage is liquid only.

**Stage 5** - Maundy Thursday, April 9th - Resurrection Sunday, April 12th @ 12 midnight. For those that are physically, mentally, & spiritually prepared, this final stage of fasting will shadow Jesus Christ's most agonizing moments. The last three days will be water only. (Vitamins and supplements are permissible)

**4. The Church in Service** - "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' "The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'" Matthew 25:37-40 Throughout the month of March, the Rainbow Covenant Homeless Shelter will be relocating to its new location in Covington, Georgia. Stay tuned for more information as Springfield readies to support the homeless shelter with supplies and labor.

**5. The Church and Physical Fitness** - Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6:19-20 The body of Christ cannot separate spiritual discipline and physical fitness. Our physical bodies are visual testimonies of our abilities to apply discipline to our diets and adequate stewardship to include physical fitness as a part of our daily routines. Join us for Saturday morning Faithwalks at our Sockwell Road property. Also, for the more advanced, join us for Faithruns at the Georgia International Horse Park on Sunday afternoons. Please see Deacon Ricardo Wyatt for more information. Remember to check with a physician before taking part in strenuous activities.

**6. The Church and Financial Stewardship** - Now this is what the LORD Almighty says: "Give careful thought to your ways. You have planted much, but have harvested little. You eat, but never have enough. You drink, but never have your fill. You put on clothes, but are not warm. You earn wages, only to put them in a purse with holes in it." Haggai 1:5-6 Tithes, offerings, savings, expenses, and disposable income. Do you know where your money is going? We strenuously urge you to take authority over every penny that the Lord has provided into your hands. Prioritizing and proper management of money will liberate you to be better parents, spouses, and givers. At the conclusion of our process, many of you will discover that the money you need may be the money that you already possess!



Pastor Jeffrey Johnson

**7. The Church at Worship** - I will bless the LORD at all times; his praise shall continually be in my mouth. My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad. O magnify the LORD with me, and let us exalt his name together. Psalm 34:1-3 Please note the calendar of events for our worship schedule throughout the season of Lent and the spring of 2009. Our worship will be augmented as we implement all seven of these disciplines. Remember, there is no resurrection without crucifixion. As we move toward Sunrise Service on Resurrection Sunday, we are delighted to welcome the return of Pastor Jeffrey Johnson to our pulpit for Holy Week Revival. Until that time and beyond, let us covenant to worship the Lord in Spirit and in truth.

## Joshua Generation Lenten Guide

### FEBRUARY 25TH - MARCH 24TH

- Eliminate junk food (sweets, chips, gum, sodas, etc.) Only one serving of Fast Food per day.
- Eliminate telephone usage (including cell phones) and "non-Christian" music or music videos played by radio, DVD, CD, TV, computer, mp3 player, I-pod, etc. between the hours of 6:30 pm - 9:30 pm.
- Read at least one Chapter (more if you can) from Luke each week and make notes. (Luke talks about the walk of Christ prior to and includes His death, burial, resurrection and ascension).
- Pray when you wake up and before bed at night.
- Giving: Give an offering at every worship service you attend.

### MARCH 25TH - RESURRECTION SUNDAY

- In addition to the above sacrifice, eliminate telephone usage (including cell phones) & "non-Christian" music or music videos played by radio, DVD, CD, TV, computer, mp3 player, I-pod, etc. after 6:30 p.m.

## Kingdom Kids Lenten Guide

- Prayer: In the morning (before you leave home) and at night (before you go to sleep)
- Read Daily Kingdom Kids Devotional
- Read Books and Magazines about things that interest you
- Ask your parents how you can help around the house everyday
- At least 30 minutes of exercise everyday
- Invite 7 friends who do not go to church to our church
- Television, computers and video games - a maximum of 2 hours Monday through Friday and 3 hours Saturday and Sundays (exception computer use for school work)
- No eating candies or gums of any type, cakes, pies, cookies, and sodas