

February 2024

# BROADCASTER

*A magazine of Worship Anew*



*Take Heart*

***Pastor coaches  
others to healing***

# When we have trouble



*Matthew F. Leighty*  
**Matthew F. Leighty**  
Executive Director

**I**n a recent bedtime story with my daughter, the message from the Berenstain Bears, a beloved storybook about a country bear family, resonated deeply.

It told the tale of Brother Bear excelling in school and sports until an unexpected illness disrupted his routine, leading to setbacks in both academics and athletics.

This narrative struck a chord with a parallel situation my own son recently faced during his freshman year of high school, where academic and athletic success were abruptly halted by a sports injury. Life often throws us unexpected curveballs, whether minor or major, such as an accident, financial setback, or prolonged illness that disrupts joy and fulfillment as we live out our days.

In these moments, the solace found in God's Word becomes our true source of comfort. As we navigate life's trials, it is only through our Savior's love, mercy, and grace that we derive the peace bestowed by the Holy Spirit.

*Cover Photo by Ashley Wiehe*  
*Pastor Shawn Davis of St. Michael Lutheran Church*  
*in Fort Wayne, Ind., coaches a friend through tough times.*



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*Worship Anew engages and equips aging adults with  
resources to live a full and abundant life in Jesus Christ.*



Worship Anew serves as a beacon of comfort to those facing various tribulations through the sharing of scripture, beloved hymns, and the warmth extended through care packages.

“Abide with Me” is a cherished hymn, offering comfort and reassurance in times of difficulty. Penned by Henry Francis Lyte, its lyrics convey a profound sense of God’s presence and the desire for His companionship in all circumstances. The hymn reflects on our trust, dependence on God, and the assurance that His abiding presence brings peace and strength.

The opening lines of “Abide with Me” reflect this profound theme:

*Abide with me, fast falls the eventide.  
The darkness deepens; Lord, with me abide.  
When other helpers fail and comforts flee,  
Help of the helpless, O abide with me.*

This hymn holds a special place in my heart. Its timeless melody and meaningful message provide comfort during challenging times.

As we endure the lingering cold of winter in some parts of the country, this season can amplify the sense of tribulation. Yet, in these challenges, we find solace in the assurances of our Lord and Savior. This is why the peace declared in John 16:33 (see below) holds profound significance, assuring us that despite the trials, faith in our Savior anchors us in the victory already secured by Christ.

May the ministry of Worship Anew persist as a source of solace and peace, resonating with you in your season of life as a constant reminder of God’s unwavering love.

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.*  
*John 16:33 (NIV)*

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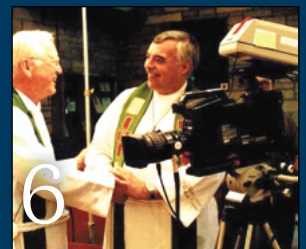
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# Meet the Worship Anew

*We would like to introduce you to the Ministry Team at Worship Anew. This is our team that provides the weekly Worship Anew program, the monthly Broadcaster Magazine, our Care Package ministry, our Hope-Full Living devotionals, and so much more of our daily ministry. Get to know our team, and read more about them at [WorshipAnew.org/about/ministry-team](https://WorshipAnew.org/about/ministry-team).*



**Matthew Leighty**  
*Executive Director*

Matthew joined the team in October 2013. He holds a degree in mass media from Concordia University Chicago. In his role, he oversees the implementation and expansion of the ministry's mission of sharing Christ's love.



**Sheila Banks**  
*Communication Specialist*

Sheila joined the staff in March 2022. She has a bachelor's degree in organizational and interpersonal communication. She works with the communication team to keep the website, social media, and streaming content up to date.



**Julie Beers**  
*Major Gifts Officer*

Julie has been with the ministry since 2010. She previously worked in the role of Director of Operations and is now serving as Major Gifts Officer. Julie loves people and sharing the love of Jesus with each encounter.



**Jon Dize**  
*Director of Operations & Legacy Giving*

Jon, a CFRE, joined the team in October 2023. In this role, he oversees the day-to-day financial operations. He also manages the administration of planned giving/estate gifts on behalf of the ministry with donors across the country.



**Thad Goff**  
*Video Editor & Production Specialist*

Thad majored in communications at Huntington University. After doing various broadcasting jobs in Minnesota for six years, he made the move back to the Fort Wayne area and began working at Worship Anew in 2019.



**Jeremy Klopfenstein**  
*Videographer*

Jeremy joined the team in April 2023. He is working to grow the ministry through new video initiatives. He brought with him more than 20 years of experience in editing and production. He holds a degree in media and public relations from Purdue Fort Wayne.



**Paul Melin**  
*Director of Video Production & Accessibility*

Paul joined the staff as production engineer in 1995 and now oversees all pre and post production. He coordinates the work of staff and volunteers, including camera operators, set designers, teleprompting and closed captioning personnel.





# Worship Ministry Team



**Thomas Moll**  
*Director of Content & Innovation*

Tommy joined the team in February 2020. He manages and serves as editor for all content, working with writers and developing new resources for the ministry. He is a DCE with a degree from Concordia University Nebraska in psychology.



**Elizabeth Puls**  
*Editor-in-Chief of Hope-Full Living*

Beth joined the staff in July 2020. She works closely with the Worship Anew staff, Hope-Full Living authors, and the Executive Director to bring the Hope-Full Living daily devotional to our senior community. She edits copy and shapes the devotions for print.



**Renee Schuller**  
*Care Ministry Specialist*

Renee earned a master's degree in theology from Concordia Theological Seminary-Fort Wayne in 2015. She is currently studying to earn her deaconess certification with Worship Anew as her deaconess internship. She is active in various ministries.



**Caryl Spira**  
*Receptionist*

Caryl came to the ministry in May 2023 out of retirement. She previously had worked at Purdue Fort Wayne before retiring in 2015. She holds a bachelor's degree in business communications from the University of Wisconsin-Stevens Point.



**Peyton Sweet**  
*Content Specialist*

Peyton has been with Worship Anew since 2014. He works as a Content Specialist with developing and managing content for the apps, editing the audio devotions for Hope-Full Living, and creating content for the social media accounts.



**Cathy Tapp**  
*Receptionist*

Cathy is the first person that most people will speak to at the ministry either over the phone or at the front desk. She's been a member of the ministry team since January 2017, and before that, she worked as a teacher, now retired.



**Gina Teeple**  
*Director of Development & Ministry Relations*

Gina received a bachelor's degree in English from Indiana University. Her ongoing desire to share Christ's love with others led Gina to Concordia Theological Seminary-Fort Wayne, where she received her Master of Arts degree in deaconess studies.



**Ashley Wiehe**  
*Director of Communications*

Ashley joined the staff in July 2023. She leads publication, social media, and communication efforts for the ministry. She has worked in communications, media relations, and journalism for nearly 20 years. She holds a degree from Taylor University.

**P**astor Paul Shoemaker is celebrating 30 years on Worship Anew on February 11. In 1994 when he joined the program, he was serving as a pastor at Emanuel Lutheran Church in New Haven, Ind. He had been serving five years at that church before being approached about preaching for what was then, Worship for Shut-Ins. He is now retired but continues to serve the Church.

*By Thomas Moll  
Director of Content & Innovation*

**Who approached you about preaching on Worship Anew and how did you respond to the invitation?**

It was back in 1994, and it was Ken Schilf, (executive director at the time) for what was then called Worship for Shut-Ins. Back then, Worship for Shut-Ins was singularly focused, as the name indicates. And so, my messages became a little more intimate in terms of how the proclamation was. When you preach at a church, you're preaching to young children, teenagers, young adults, middle aged people, older people, married people, and blended families. Whereas for Worship for Shut-Ins, I really could narrow it down. That made preaching really exciting. I think it helped with the messaging, too, because once you were able to do that, you could tailor your message to those individuals and that was very helpful.

**What feedback have you gotten from people watching the program?**

That's probably one of the most humbling and encouraging things about preaching on Worship Anew is that we do get notes from people affirming what we've shared and that really gives you confidence that your messaging is addressing a real need, a true need, a heartfelt need, and that's always a blessing.

**What has your experience been like working with the ministry team at Worship Anew?**

I think one of the things that I really admire is the people who are behind the scenes. I come in and I preach a certain number of times a year, and yet I know that when I come that day that there will be three pastors who will be preaching (with so many people) behind the cameras. You really admire the dedication of those people and how much they give of their time and their talents because every one of them wants to do a great job.

**How do you feel about Worship Anew's role in an individual's faith journey?**

I think one thing that's really important to say is that while we bring church to people, we bring the gospel message. Nothing replaces visiting. Nothing replaces the pastor coming with Word and Sacrament. I think that that's the key. We supplement the ministry (of the local church).

*Watch Pastor Shoemaker's 30th anniversary production on Worship Anew on February 11. Watch it on your local station, on our TV app, YouTube, or on our website at [WorshipAnew.org](http://WorshipAnew.org).*

30  
years  
of  
service



Pastor Paul Shoemaker poses with the Worship for Shut-Ins banner in one of the early years of the Worship Anew program.





Pastor Paul Shoemaker smiles before filming the February 11 program, which is his 30th anniversary program on Worship Anew.



# What is Lent?

## ☞ **Galatians 5:16–17**

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

## ☞ **1 Peter 2:24**

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

## ☞ **Romans 5:8**

God shows his love for us in that while we were still sinners, Christ died for us.

**T**he season of Lent is a 40-day church season (Sundays don't count) starting with Ash Wednesday on February 14 and ending on Maundy Thursday, March 28.

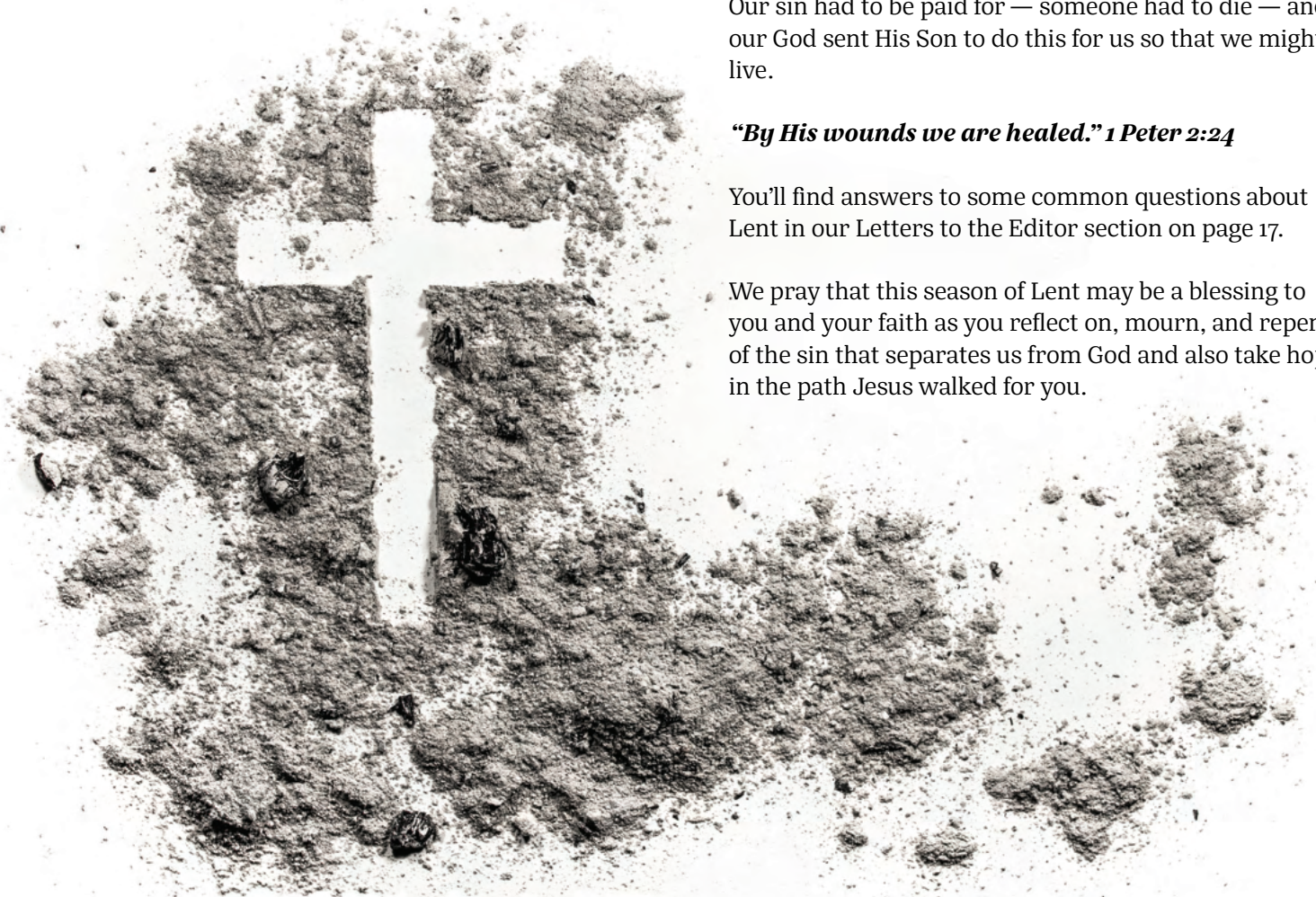
Lent is a journey. It's a time to reflect on the sin in our lives, the sin that separates us from God. As Christians, we recognize that we have a battle with sin and temptation. We are made new in Christ. We have the Holy Spirit in us, yet we fail to do what God has asked us to do and do what He has told us not to do. During this time of reflection, we pray for strength, and we also consider what our sin has cost us and our savior.

As we reflect on our spiritual walk, we also reflect on what led Jesus to the cross, starting with his time of temptation from Satan in the desert. Jesus' journey to the cross was not taken up independently from our sin. Our sin had to be paid for — someone had to die — and our God sent His Son to do this for us so that we might live.

***“By His wounds we are healed.” 1 Peter 2:24***

You'll find answers to some common questions about Lent in our Letters to the Editor section on page 17.

We pray that this season of Lent may be a blessing to you and your faith as you reflect on, mourn, and repent of the sin that separates us from God and also take hope in the path Jesus walked for you.







# Worship Anew in February

Year 2024 | Series B



## Jesus Lifts You Up

February 4, 2024 – Fifth Sunday After the Epiphany

Rev. Shayne Jonker

Think of every healing you experience, whether it be getting over a cold or the flu or something even greater, as more than dodging the bullet or getting a little favor from God. Think of it as a little resurrection. A little instance of being lifted up by the hand of God. Think of it, not as an end, but as a little sneak preview of a greater coming attraction — the day that Jesus comes to you and extends His hand to you and lifts you up from death to eternal life.

*Sermon Text: Mark 1:31*

*Readings: Psalm 147:1-11; Isaiah 40:21-31; Mark 1:29-39*



## Significant Days Ahead

February 11, 2024 – Transfiguration Observed

Rev. Paul Shoemaker

Jesus transfigured Himself, revealing His glory to Peter, James, and John. He knew there would be significant days ahead, especially during Holy Week. By revealing His glory, Jesus was sharing with His disciples what was in store for them in the glory of heaven. As we have significant days in our lives, we remember the transfiguration of Jesus to encourage us in our life's journey.

*Sermon Text: Mark 9:2-9*

*Readings: Psalm 50:1-6; Exodus 34:29-35; Mark 9:2-9*



## What Good is This?

February 18, 2024 – First Sunday in Lent

Rev. William Mueller

Genesis 22 takes us to one of the more challenging sections of God's Word. Does God condone sacrificing your children? Of course not! But what is God up to in this incident where He tells Abraham to sacrifice Isaac? What good is God up to in our lives when He allows all sorts of pain and problems?

*Sermon Text: Genesis 22:1-18*

*Readings: Psalm 25:1-10; Genesis 22:1-18; Mark 1:9-15*



## Life's Greatest Question

February 25, 2024 – Second Sunday in Lent

Rev. Dr. Thomas Ahlersmeyer

Can you answer *Life's Greatest Question*? Your eternal destiny, as well as your approach to everyday life, rests upon your answer. What's the question? How will you answer?

*Sermon Text: Mark 8:29-31*

*Readings: Psalm 22:23-31; Romans 5:1-11; Mark 8:27-38*



# Being the best you can be

*By Renee Schuller  
Care Ministry Specialist*

**D**uring this time of year, there are articles everywhere encouraging you to set goals. These articles often list all the things you should stop or start doing in the coming year to be a better you. The tone usually insinuates that who you are now is not good enough and that you need to work to make a better you. This can cause us to be overly self-critical. We must not let this tempt us to despair. Always remember that no matter how you see yourself or think others see you, God loves you and cares for you.

God cares for our bodies, and He wants us to care for them too. The Apostle Paul encourages us to take care of our bodies.

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not

your own, for you were bought with a price. So glorify God in your body (1 Corinthians 6:19-20 ESV).

The positive side to these articles is that they can cause us to realize that maybe there are behaviors that we could amend, adopt, or do away with that would help us be better stewards of our bodies and minds.

When we make poor choices, we acknowledge that sin is lurking, and we are not treating our bodies as temples of the Holy Spirit. When we are troubled by this, we need to take it to the Lord in prayer, repenting, and receiving God's mercy and grace that take us out of the mire, cleanses us, and strengthens us in faith. The Holy Spirit produces in us His fruits (patience, self-control, etc. Galatians 5:22-23 ESV). Through these fruits, we are empowered to make God-pleasing choices.





# *in Christ*

The self-help articles often give good practical advice on how to better take care of ourselves and how to make positive changes. However, this advice often encourages us to rely on ourselves. We are told to dig deep into ourselves to find the strength and willpower to accomplish our goals. As Christians, we rely on God for all things. We dig deep into His Word where we find an eternal well of Living Water that nourishes and strengthens us to make choices that honor God in our bodies. However, we still live as both saint and sinner. Thus, we will likely fail a time or two, and each time we can turn to the Lord in prayer, and He will forgive us.

No matter how hard it gets or how often we have to start over, we can persevere, not of our own willpower, but by the power of the Holy Spirit.

Ultimately, we know that our goal is not to live our so-called “best life,” always seeking some ideal that is not truly achievable. We have been made perfect in Christ who has redeemed us by His blood.

In Christ, our ultimate goal has already been accomplished for us. Thus, by faith, we go forth on our journey on earth with all of its ups and downs in joy and hope knowing it will end in eternal life, and on the last day, we will rise in fully restored bodies.

***Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.***

***Hebrews 12:1-2 (ESV)***



***“Counseling is looking at what was and finding coping mechanisms to help you today. Coaching is looking at what is and helping you move forward into tomorrow.”***

# MOVING FORWARD INTO TOMORROW

**Pastor shares how he coaches others in hard times**

*Story By Thomas Moll  
Director of Content & Innovation*

*Photography by Ashley Wiehe  
Director of Communications*



*Pastor Shawn Davis is a missional pastor and coach (in training) at St. Michael Lutheran Church in Fort Wayne, Ind. He is certified as a mental health coach through the American Association of Christian Counselors. He is currently taking classes through International Coaching Federation and has coached more than 200 hours. In this interview, he shares tips for receiving coaching, how it can help, and how you can help others by listening. You can learn more about his coaching at [linqapp.com/pastor\\_shawn\\_coaching](http://linqapp.com/pastor_shawn_coaching).*

### **What is the difference between counseling and coaching?**

You can look at the difference as counseling is looking at what was and finding coping mechanisms to help you today. Coaching is looking at what is and helping you move forward into tomorrow.

Oftentimes, we have stumbling blocks of going into counseling because we don't want to dredge up the past. It's there. We've lived through it. In coaching, what we want to do is to dive into and help you process what's on your mind in this moment because oftentimes what's on your mind is taking up your thought processing so that you can't process other things. If we can help you process what's happening in that moment, we can help you move beyond that, and not just that piece, but other pieces, as well. That's why I start with, "What's on your mind?" It's a very immediate thing.

Sometimes we're going to go back because you have stories that got you to the point where you're at, but what we're really going to concentrate on is how we can move you down the field. How can we bring some action to help you process and move to the next step of whatever it is that's taking up your brain space? How can we get you from what it is right now to what you'd like it to be?

### **How would you coach someone when their future just got derailed by a life circumstance?**

That's a big one. When we get hit over the head with something big and life stops except for one area, that's a perfect example of what a coach can be helpful with. And when I say "coach," there is a professional aspect to it, but there's also an aspect of just having someone to listen to your story without judgment or expectation so that you can articulate what it is that's on your mind. Often what happens is that we just let it sit, and we don't talk about it with anyone. I've been there and done that.

It's important to find that one person who can just listen, isn't there to give you advice or to tell you exactly what

should be done, but allow you to sit and just process. Our brains are made in a way that as we take time to think, oftentimes we can discover answers.

For instance, I was talking to a gentleman not too long ago who had just been diagnosed with cancer. He started to talk and process what was on his mind, and he wasn't struggling with his illness being terminal. It was the shock of losing something. It was the shock of grief. We were able to work through grief processing and give him action steps for that. Then, he had a lot more brain space to be able to make appointments and look ahead. It changed his perspective.

I think, oftentimes, when those big life events happen to us or around us, we don't process them or we become laser focused on one thing and we lose perspective.

I think of Paul in Philippians where he is talking to this church plant, and he says, "Rejoice in the Lord always; again, I will say, rejoice." He knows that's not really possible, right? So, later he says, "Don't be anxious about anything, but in every situation, by prayer and petition..." lift your prayers to the Lord. So, there's a little bit of a change in perspective that it's not just about us, but God's got this. Paul goes on to say, "Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

There could be some things that make it very hard to rejoice in the moment. But, if we pray about it and we take a step back to see all of this creation around us, we can see that there's more to the story — there's more to our story; there's more to God's story.

We are part of that story because of the love and forgiveness Jesus gives us. It changes our perspective.

I think that's a lot of coaching — helping people to see

*continued on page 14*

those obstacles that come up, not as hurdles that can be managed, but hurdles that you might have to go around somehow. Or, you may have the ability to overcome the hurdle. If so, let's give you some action behind it.

A coach isn't just a cheerleader. If you're having a hard time scheduling that appointment, let's take a bigger look at that. Why is it hard to schedule the appointment? Is it something about the appointment itself, or is it using the phone? Is it that when you make the appointment, suddenly the diagnosis becomes real? Let's talk about it. Even if someone is retired, the act of putting that phone call on a full calendar could be a hard thing to do. So, as a coach, I might have someone talk through the issue and actually put down a date, time, and place on the calendar while we're talking. So, in coaching, there's time for deep discussion and time for practical action.

**What advice would you give to someone who is looking to find a coach?**

I think, especially post-quarantine, that we have become more isolated. Many people no longer have people around the table who are asking how their day went. People don't have coworkers to notice when they are having a bad day. This has created space for coaching to come in. My hope is that, at some point, we can get back to the idea of having meals together where we help each other process. I think coaching helps to fill a void of meaningful conversations.

A lot of counseling centers are employing coaches now. If you want something in the way of personal growth, look around your area for something like life or leadership coaches.

One thing I would double check is what the coach's certification is. The gold standard is the International Coaching Federation. They have a designation of OCC and PCC, and those are things to look for. I also work for the Coach Approach Ministries, and they have certification called Christian Leadership Coaching (CLC).

**What kind of advice would you give someone who wants to be a helpful listener?**

I would say practice. It's a mindset shift for a lot of people because we naturally want to jump into conversations and offer advice. I was with a group of pastors, and I was talking about coaching. I asked them to pair up and each partner would have two minutes to introduce themselves and talk about whatever was on their mind, nothing big. And the other pastor was just going to listen and follow along, and at the end, summarize what the other pastor had just said. We had five groups. In those two minutes, one group lasted five seconds before the other one jumped in, one lasted 10, and the most was 35 seconds.

We live in a place of wanting to interject into conversation. We need to shift our mindset to say that there are some conversations that we just want to listen, and we want to let people know that we're there and following them so that they can be heard.

I talk about using 80/20 — listen 80 percent of the time, talk 20 percent of the time. And that is a hard thing to do, but it's a goal to work toward. As you get better, you'll notice that you're probably not even talking 20 percent of the time.

***Before, I would say, "I'm sorry you're going through that. Let me pray for you." Now, I might say, "I'm sorry you're going through that. Let's talk about it a bit more and see if we can get to some actionable things you can do, and let's pray over it as well."***

*~ Pastor Shawn Davis*



You're really just gathering information.

And let people know that you're listening. Do those nonverbal cues of a head nod, or if they say something funny, you can laugh, and when they take a pause, summarize what they said in a sentence or two. Don't recap everything they just said, but just share something that lets them know that you have heard them and what they're saying.

**What kind of questions would you encourage someone to ask if they're trying to help someone through a tough time?**

Coaching is really all about open-ended questions and getting people to talk because that's when we process, when we talk through things. Some great questions to ask if you want to step into that role of listening are things like, "What else?" and "What's on your mind?"

## HOW CAN I FIND A COACH?

A lot of counseling centers are employing coaches now. If you want something in the way of personal growth, look around your area for something like life or leadership coaches.

### **As a note:**

Coach's certification: The gold standard is the International Coaching Federation or Coach Approach Ministries, and they have certification called Christian Leadership Coaching (CLC).



The pictures above and to the left showcase Pastor Shawn Davis coaching while at Electric Works in Fort Wayne, Ind.



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Learn more about giving to Worship Anew at [WorshipAnew.org/Give-Now](https://WorshipAnew.org/Give-Now)





## What is the history of people putting ashes on their foreheads on Ash Wednesday?

If we look at Lent as a Journey, Ash Wednesday is where we take the first step. In many churches, the ashes for Ash Wednesday come from the palm branches used in their previous year's Palm Sunday observance. The ashes are often mixed with oil in order to make a paste that can easily be applied to a forehead or hand. In the Bible, ashes symbolize mourning, mortality, and repentance. When Job repents in Job 42:6 (ESV), he puts on sackcloth and ashes. In Jonah, the king of Nineveh sat in ashes to show his sorrow over his sin and the sin of his people (Jonah 3:5-6 ESV). As we begin the journey of Lent, ashes remind us of our sin that Jesus had to die for in order for us to be redeemed. The ashes also remind us that Jesus entered Jerusalem knowing that He was going to the cross for us.

## Why is Lent 40 days?

The season of Lent is a 40-day church season (Sundays don't count) starting with Ash Wednesday on February 14 and ending on Maundy Thursday, March 28. In the Bible, the number 40 is connected to a season of testing and trial. The Israelites wandered in the wilderness for 40 years before being able to reach the Promised Land. Jesus was tempted by Satan in the desert for 40 days.

## Why do some Christians give up something for Lent?

With Lent being a season of repentance, the church has a long history of fasting in order to display sorrow over sin. This practice has morphed into giving up things other than food. Some give up sweets, alcohol, television — anything that would either be difficult to give up or anything that might take their focus off of Jesus during Lent. As Christians, giving up something

for Lent isn't going to make God love us more. It's not something we do as a check box in our salvation planner. Giving up something for Lent should be done in order to help us focus on what God has done for us, not what we can do for Him.

## What is the Apostles' Creed and why is it said on the Worship Anew program?

The Apostles' Creed is a statement of belief in God's work in creation and human history as taught in the Bible. The word "creed" comes from the Latin word "credo" which can be simply defined as "I believe." The creed is first mentioned around 390 A.D., but the content was taken from various earlier statements of belief from the early church. We encourage viewers of Worship Anew to speak the creed out loud as they're able in order to confess along with other Christians all over the world what we believe about God, who He is, and what He's done for us.

## How can I find the Worship Anew program?

The quickest way to find where to watch our Worship Anew program is to go to [WorshipAnew.org/programs](http://WorshipAnew.org/programs). There you'll see a list of all the broadcast and digital stations available around the country. We're currently on many local broadcast stations, TCT, and several public access stations. You can also watch Worship Anew on our mobile and television apps, as well as on YouTube and Vimeo. Just search "Worship Anew."

## What is Hope-Full Living and who is it for?

Hope-Full Living is a daily devotion written for seniors, by seniors. The devotion is produced quarterly in a larger print format. People of all ages enjoy these gospel-centered devotions!

## *A note from the Editor ...*

In this new section of our magazine, we would like to answer any and all questions that you have about aging well. Please send your questions to [editor@worshipanew.org](mailto:editor@worshipanew.org). Please know that we will try to answer as many questions as we can. Your question may also be similar to someone else's so we may combine them.

As the Broadcaster is still new, we wanted to answer some frequently asked questions that we hear from aging adults and those that care for and minister to them.

Thank you and enjoy!



# Hope-Full Living

Available in App Stores



*Download the Hope-Full Living App today! You can read the daily devotions on your phone or tablet or listen to our audio devotion. The app is free and available in the Apple and Google Play stores.*



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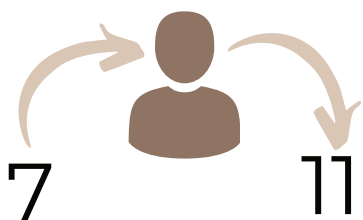




# THE POWER OF *breathing*

During tough times, using your breath to regulate your emotions can be extremely effective. These breathing exercises can help your mind and body process through the issue.

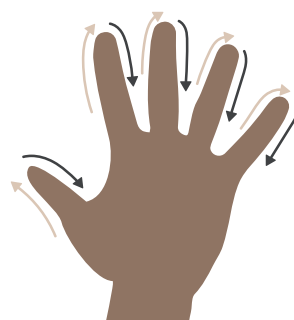
## 7/11 BREATHING



Inhale for a count of 7 and then exhale for a count of 11.

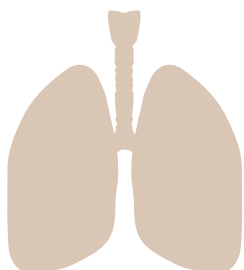
The longer exhale will cause a parasympathetic response, which calms and relaxes the muscles in your body.

## FINGER BREATHING



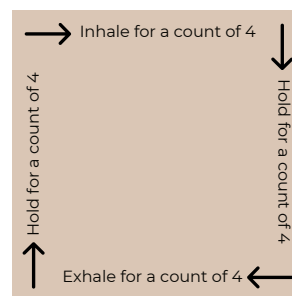
Trace around the thumb and fingers of your outstretched hand. From base of thumb to tip, inhale; from the tip of your thumb to the base on the other side, exhale. Repeat around the whole hand.

## BELLY BREATHING



The belly rises on the inhale and lowers on the exhale. This allows effective use of oxygen as it reaches the lower parts of the lungs. Place a hand on your belly and feel the movement.

## SQUARE BREATHING



Imagine moving around a square. Inhale from first corner to next for a count of 4; hold your breath to the bottom corner for 4; exhale to the next corner for 4; and hold breath for 4 to last corner. Now repeat.



# Temptation

By Rev. Gene Brunow

**F**ebruary 18 is the first Sunday in Lent. The gospel reading is Mark 1:9-15. In verses 9-11 we have the narrative of Jesus' baptism. Here, the Father declares that Jesus is His Son as the Spirit descends on Jesus.

Jesus' status as God's Son makes Him a target of Satan's assaults. This same dynamic continues in the lives of God's children today, as Satan does all that he can to tempt the baptized. Yet, our own Baptism joins us to Christ and clothes us with His righteousness.

In verses 12-13, we see Jesus' successful struggle against temptation in the wilderness prefigure His final victory at the cross over our ancient foe. Immediately after being revealed as God's Son, Jesus' archenemy, Satan, begins to assault Him. Jesus emerges from His time of testing perfectly, without succumbing to temptation in any way. He thus achieves something greater than all those tempted before Him and foreshadows the climax of the Gospel. There, He will undergo greater temptation but will rise victorious over the grave.

From the days of Adam and Eve, people have continuously fallen into Satan's traps. Jesus, after uniting himself with fallen humans through Baptism, won a preliminary victory over the evil foe's temptations. At the cross, Jesus gained an even more wonderful victory for us. His resurrection proves that Satan cannot prevail.

Satan means "The Adversary" and was an Old Testament expression which meant "the one who lies in ambush for." He is a spiritual force whom we cannot defeat on our own. He is not only powerful but also relentless.

The narrative of Jesus' temptation from Luke ends with these words: "*when the devil had ended every temptation, he departed from him until an opportune time.*" The devil is a very persistent and devious one who attempts to lure us into sin.

BUT, we have weapons too. In our baptism, God put his mark on us to show that we are His. The Word of God is the sole instrument which we can use in our constant fight with Satan. That's what Jesus used in Matthew 4:1-11 and Luke 4:1-13. In the hymn, "A Mighty Fortress is Our God," and especially verse three we hear this comforting phrase concerning the devil: "He's judged; the deed is done; One little Word can fell him." That word is Jesus.

It is said that: "*angels attended him.*" The Lord also supplies us with 24/7 attendance of angels who serve as our guardians.





## Reflection Questions:

In Genesis 3:1, the serpent asked Eve, “Did God actually say?” What are some ways Satan tempts us to question God’s Word?

When God’s Word makes us uncomfortable because it exposes our sin, it’s easy for us also to think, “Did God actually say?” When you’re dealing with the temptation to ignore God’s Word, who are some godly people you can reach out to for encouragement?

The devil is persistent and seeks opportunities to lead us into temptation. What are some life circumstances or situations that may make it easier for you to be tempted?

The Word of God is our weapon against the devil. What are some verses you can turn to when you are struggling? What would be a Bible verse you could look at every day to remind you that you are a loved child of God, equipped to stand up under temptation and persecution?

## This month’s study text:

### *The Baptism of Jesus*

*9 In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. 10 And when he came up out of the water, immediately he saw the heavens being torn open and the Spirit descending on him like a dove. 11 And a voice came from heaven, “You are my beloved Son; with you I am well pleased.”*

### *The Temptation of Jesus*

*12 The Spirit immediately drove him out into the wilderness. 13 And he was in the wilderness forty days, being tempted by Satan. And he was with the wild animals, and the angels were ministering to him.*

### *Jesus Begins His Ministry*

*14 Now after John was arrested, Jesus came into Galilee, proclaiming the gospel of God, 15 and saying, “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”*

**Mark 1:9-15 (ESV)**

*Rev. Brunow is a member of Emmanuel Lutheran Church in Fort Wayne, Ind. Find more of his devotionals at [genesbrunotes.com](http://genesbrunotes.com).*

## **Prayer:**

Dear Lord Jesus, thank you for defeating the devil’s temptations. Thank you for giving us the means to resist Satan’s enticements through your Word and Sacraments. Help us to use this Lenten season to repent of our many actions that caused Christ to suffer and die. Help us to be on the alert to the lures that come from the devil and how he uses the world and our sinful flesh. Help us to daily put on the whole armor of God. Amen.

# Time to reorient in the New Year

By Rich Bimler

As you reorient your goals for the year, consider these themes that you will work at following with the help of the Lord:

- ◇ Life, Love, and Learn, in the Lord!
- ◇ Old as in Gold!
- ◇ Ode to the Old!
- ◇ Aging, as in Amazing!
- ◇ Celebrating God's gift of Aging!
- ◇ Aging is the only way to Live!
- ◇ Stop Global Whining!
- ◇ Live, Love, and Laugh!
- ◇ We don't "got to" — We get to!
- ◇ Leaving a Legacy of Laughter!

## Extra Credit:

1. Call someone your age who was in school with you and tell them you plan to pray for them! Enjoy the conversation! Hey, why not do this once a month!
2. Go to a Senior Living Facility this month (or any time!) and visit with some of the residents. Bring some copies of Hope-Full Living with you to give out as gifts to the residents.
3. Each morning, thank the Lord for a new day and ask him to focus you on celebrating this day as a gift to give to others. Think of special ways to share your faith with those around you. Go ahead, you can do it!
4. Think of the people in your life who taught and shared the love of Jesus with you regularly. Thank the Lord for them, and then think of a few friends of yours, still living, who you can visit/call/email, just to thank them for sharing their faith with you.
5. Consider visiting a neighbor, friend, relative, to bring him/her some cookies or another treat to say "thank you!" to them. A Holy Hug would also be appropriate!

*Are you an artist? Poet? Have great recipes? Cartoonist? Photographer? Or just have a fun side? Contribute to our Fun & Activities page!*

*Send your contributions to [editor@worshipanew.org](mailto:editor@worshipanew.org) and possibly see your piece in a future Broadcaster!*







# Sudoku

	9	2		5		3		
	4	3		2		1		
	5		3	9			2	4
2	6	5			3	8		
4					1			3
		7	4		2			
			7	4		5		
9			2		5	6		
5	2			3				7

5	2	8	6	3	9	4	1	7
9	7	4	2	1	5	6	3	8
1	3	6	7	4	8	5	9	2
3	1	7	4	8	2	9	6	5
4	8	9	5	6	1	2	7	3
2	6	5	9	7	3	8	4	1
8	5	1	3	9	6	7	2	4
6	4	3	8	2	7	1	5	9
7	9	2	1	5	4	3	8	6



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*And above all these put on Love,  
which binds everything together in  
perfect harmony.*

Colossians 3:14 ESV

Happy Valentine's Day