Ka Mōhai Aloha- The Gift of Grace or the Gracious Sacrifice.

The Season of Lent is a time that we use to reflect on the gracious gift that God gave to us in His Son Jesus Christ. We celebrated his birth at Christmas and now at Easter, we mark his death. But unlike us humans, for whom physical death is final, Christ's death was not. On the third day after Jesus was crucified, he was resurrected or rose again. This was a sign to us that we too will rise again. That life in Christ is eternal. The Season of Lent is designed to help us to reflect on what that gift truly means to us and how we might be better people while we still have the chance.

Lent starts on Ash Wednesday and ends on Easter, lasting for 40 days (not counting Sundays). There are a variety of practices that the different faith groups have used to prepare for Easter. Some will give up something such as candy, sweets, ice cream or even meat. Others might add something to bolster their faith life, like prayer. For me, I’ll usually turn off my car radio on my way to work and use that time to pray. That’s 30 minutes talking with my Heavenly Father. Do whatever will work for you to strengthen your faith.

For these series of devotionals, we asked some of the leaders, faculty and staff of the various Kamehameha Schools programs to share their mana’o of what Lent means to them. We hope this will provide you strength and encouragement during this special time.

Looking forward to Easter!
Nā Kahu Kordell Kekoa and Kalani Wong

Here are a few kid friendly web pages on Lent:
- [http://brightsadness.org/kids.html](http://brightsadness.org/kids.html)

Did you know…
…that the date of Easter changes every year? Easter always falls on the first Sunday after the first full moon on or after the vernal equinox.
…the day before Ash Wednesday is called a “Fat Tuesday” or “Shrove Tuesday”? In some places, pancakes are served. Here in Hawai‘i, malasadas are a tasty treat eaten by all. What else is that Tuesday known as?
…the ashes used on Ash Wednesday are made from burning the palms used on Palm Sunday the year prior?
…there are a number of events in the Bible that last 40 days including the amount of time that Jesus spent in the wilderness? What are the others?
Heluhelu Baïbala/Scripture Reading

7 Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. 8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. 9 Since we have now been justified by his blood, how much more shall we be saved from God’s wrath through him! - Romans 5:7-9

Manaʻo

Have you received gifts that you haven’t used? I’m sure the giver must have spent time looking for something that you might want or could use, spending time and money to get the right gift. It could have been for Christmas or a birthday, or just because. Yet it sits in your closet unused or unwanted. There’s a really special gift that is so wonderful and so valuable that it would be really sad if we never used it. It’s a gift that was given to us by God- free and totally unexpected and undeserved. It’s Ka Mōhai Aloha- the gift of grace or the withholding of the punishment and forgiving us of our wrongdoings even though we don’t deserve it.

We often do things that go against what God hopes for us. These are called sins. We should be punished for this, just like our parents would discipline us when we do the wrong things. However, there are times that our earthly parents hold back the punishment because they love us. God does the same thing. It tells us in the Bible that “the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.” (Romans 6:23). We should be punished for the sins that we commit, but instead, Jesus took the punishment himself. Jesus became Ka Mōhai Aloha- the Gracious Sacrifice so that we might be forgiven for the wrong that we’ve done, not just now but always. And because of that forgiveness, we have live eternally with God in heaven.

Questions to Ponder

• Is there someone in your life who has done something wrong to you? Can you find a way to forgive them?
• What do we need to do to live our lives so we sin less?

Pule

Dear God, mahalo for all the gifts that you shower upon us so freely. May we never take any of them for granted. Help us to recognize the wrong that we do each day and help us to live pono. Ma ka inoa o Iesū Kristo, ‘Āmene.

Keiki Activity

• Look up the word “Mōhai” in the Hawaiian dictionary. What can you sacrifice for others?
• Do you have any unused gifts in your closet that someone else could really use? Share it with him/her.
Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. 

After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’ ” Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, “throw yourself down. For it is written: ‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’ ” Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’ ” Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, “if you will bow down and worship me.” Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’ ” Then the devil left him, and angels came and attended him.

The season of Lent is a time when many Christians prepare for the celebration of Easter, the joyous resurrection of Jesus Christ. It is a 40-day time period often observed by fasting, repentance, deep reflection of Jesus Christ and one’s pilina with God and how one may be living out Christian values.

The story of Jesus being tempted is often connected to Lent because of the...
lesson this moʻolelo brings. Jesus fasted for forty days, meaning he went without food for that time. Fasting meats or sweets during Lent, for example, is a common practice amongst Christians today. The fasting, however, was meant to prepare oneself spiritually for the work at hand or ahead. It was denying the needs of the flesh in hopes of strengthening the spirit.

During this time of physical weakness in the desert, the devil came and tempted Jesus to do the opposite of what God had taught him, the opposite of what Jesus knew to be the truth, to deny who He really was. However, every time, Jesus was tempted, He did not fight back with His fists or with sarcasm or with lengthy pleading. He spoke the Word of God. He quoted scripture. He came back with the truth. Although the devil tried three times, Jesus never gave in and the story tells us that the devil left.

In life we will often be tempted to go against what God has taught us, what we know is truth, what we know to be pono, to perhaps forget our identity in who ke Akua has created us to be. It can also often feel as if times of temptation come when we are physically or emotionally weak. There are times when we want to say and do the wrong thing because it seems justified or we think it will make us feel better at that moment. Be encouraged, mai hopohopo, look to what our Jesus did. He simply went back to the truth, God’s Word. He chose to stand on His loving Father’s promises and holomua instead of giving in. And just as in the story, God too will mālama you, will attend to you in your times of weakness.

Questions to Ponder

• What are some things that tempt me?
• What can I do to not give in to temptation?
• How can I be an encouragement to others?

Pule

E ke Akua Mana Loa, Almighty God, thank You for your promises and being the source of my strength. Please help me to make pono choices even when I am weak. For Your word says, Your strength is made perfect in weakness. Ma ka inoa o iesū Kristo, ʻāmene.

For Keiki

Have you ever felt tempted to do something you know you should not do? Tempted is a word that means you may feel as if you might want to do something that may not be very pono. For example, have you ever wanted to eat a piece of candy even though your mākua said not to? How about stay up past your bedtime without anyone noticing? Sometimes we can even be tempted to not tell the truth or maybe say an unkind word to someone because that person made us mad.

Well, in our Bible story, Jesus was tempted too. He was tempted to not follow God, but because He had great pilina with God and loved God, and knew that God loved Him so much, it made Him very strong in His heart. It made Jesus strong enough to continue following ke Akua even when He wasn’t feeling so well.
So when we get those feelings of temptation, feelings like we might want to do something we know is pono’ole, just remember that God loves you so much that He put His strength inside of your heart already to continue following His ways. You can also always pule and ask God to help you to make the right choices just like Jesus did.

Keiki Pule
E Makua Lani, Heavenly Father, thank You for loving me so much. Please help me to make good choices today no matter what is happening. And thank You for also putting your strength right inside my heart. Ma ka inoa o Iesū, ‘āmene.

Keiki Activity
Discuss situations in which they might be tempted to make a pono’ole choice and come up with solutions on how to make a better choice. For example, wanting to eat a piece of candy after being told ‘a’ole by a parent or being tempted to puni about their homework so they don’t get in trouble.

Himeni- E Iesū, e Aloha Mai
E Iesū, e aloha mai iā mākou
E Iesū, e aloha mai iā mākou
Hui kala mai i kō mākou mau hewa
E Iesū, e aloha mai
Lent 3 by Dr. Rod Chamberlain, Vice President of Campus Education

Heluhelu Baibala/Scripture Reading
“Ua hāʻawi ʻia mai ke kānāwai ma o Mose lā; akā, ‘o ka lokomaikaʻi a me ka ‘o iaʻiʻo ma o ʻesū Kristo iā ia”
Ioane 1:17
“For the law was given through Moses; grace and truth came through Jesus Christ.”
John 1:17

Manaʻo
It’s hard when the rules change. Sometimes we see this happen as our younger brother or sister gets away with something that we are not allowed to do – and our parents say, “You are older – we expect more from you.” This is commonly the expectation of the keiki hiapo, the eldest child, in the ʻohana.

Sometimes we experience these rule changes in our activities – the size of the field increases in soccer, the height of the basketball hoop gets higher, new rhythms are introduced in music, or what we are expected to memorize in plays and ʻoli become longer and longer. It just doesn’t seem fair.

This scripture passage from John talks about a rule change – about what God expects from us. For over a thousand year (through some laws given to Moses), the expectation was about meeting a whole lot of laws (big time rules) – so many laws that no one could actually obey them all. And then God sent his son, Jesus, to change the rules: that our relationship with God and meeting His expectations would now be through grace.

The word “grace” is used 156 times in the New Testament (and you know if a word is repeated that you ought to pay attention). In the Paipala Hemolele, the Hawaiian Bible, “grace” is interpreted as lokomaikaʻi or aloha. Lokomaikaʻi occurs 416 times and aloha appears 966 times throughout the Baibala! God gave this present to all of us without us earning or deserving it – that’s why we call it “Ka Mōhai Aloha”, a “gift of grace” – because He loves us so much that He gave His only son, ʻesū Kristo, as a mōhai or mōliaola – an ultimate sacrifice – for our sins.

The way we say “mahalo” to God is to share this gift of grace – aloha for others – without thinking about if they have earned it or deserved it. And that’s a rule change that we can all live with!

Questions to Ponder
- What are some ways you can show grace to others?
- Based upon what you know about God and His grace, is there any limit to grace?

Pule
Aloha e ke Akua – mahalo for sharing Your grace with me through your son, Jesus, ʻesū Ka Mōhai Aloha. During this Easter time, help me especially to share your grace with others who really need it. ‘Āmene
Keiki Activity
Make a list of five things you could do to show God’s grace to some other people this week – especially others who are your age. Share the list with a friend – and each of you pick one to use this week. Then you can come back later in the week and share what happened.

Suggested Hīmeni
“Lokomaika‘i! He Nani Nō” (Amazing Grace, Nā Hīmeni o Ka ‘Ekalesia #133)
Amazing grace, how sweet the sound
That saved a wretch like me
I once was lost, but now am found
Was blind, but now I see

Lokomaika‘i, he nani nō
Ho‘ola mai ia‘u
Ua hewa ia e aloha ʻānō
Ua pō a’e ua lā
Lent 4 by Pua Fernandez, Admissions Director

Heluhelu Baibala/Scripture Reading

Ioane I 3:16-18

“No ia mea, ua ʻike kākou i ke aloha, no ka mea, ua waiho ihola ʻO ia i Kona ola no kākou; a he mea pono nō hoʻi iā kākou, ke waiho aʻe i ko kākou ola no ka poʻe hoahānau. ʻO ka mea i loaʻa iā ia ka waiwai o kēia ao, a ʻike aʻela i ka nele o kona hoahānau, a papani aʻe i kona naʻau iā ia, pehea la ke aloha o ke Akua e noho ai i loko ona? E nā pōkiʻi oʻu, mai aloha kākou ma ka waha, ʻaʻole hoʻi ma ke alelo wale nō; akā, ma ka hana ʻana a me ka ʻoiaʻiʻo.”

1 John 3:16-18 New Living Translation (NLT)

We know what real love is because Jesus gave up his life for us. So we also ought to give up our lives for our brothers and sisters. If someone has enough money to live well and sees a brother or sister in need but shows no compassion—how can God’s love be in that person? Dear children, let’s not merely say that we love each other; let us show the truth by our actions.

Manaʻo

In Hawaiian we say “Aloha kekāhi i kekāhi” – “love one another.” Set to simple music, we teach this value to our keiki in the form of a children’s mele. But how much easier is this to sing than to live? Do we truly love one another in our daily lives? It’s easy to love our ‘ohana and our friends. But how can we love strangers? And do we love people who are rude and offensive? Or how about those who have caused us harm? Do we love them too?

The New Testament of the Bible, originally written in Greek, uses several words for “love,” each with important distinctions. However, these differences are often “lost in translation.” Four types of love are mentioned in the Bible: Eros is romantic love. Philē is the love between friends. Storge describes the love between family members.

But the type of love most often used in the Bible – more than two hundred times, in fact – is agape (agápē); and it is agape which is used to describe the very nature and character of God.

Our kūpuna, too, recognized that love takes many forms and that one word is inadequate to describe these nuances. Aside from romantic love (hoʻoipoipo) and brotherly love (hoaloha), our kupuna used words like aloha ʻāina (love and respect for our land), aloha menemene (compassionate love), or aloha pauʻole (endless love).

The agape love used in the Bible refers not to a feeling, but rather to a demonstration of love. Agape love is action-oriented and self-sacrificing. One source defines agape as “a sacrificial love that voluntarily suffers inconvenience, discomfort, and even death for the benefit of another without expecting anything in return.” God, our Father and Creator, loves us unconditionally – as a parent loves a
child. God does not need anything from us. He desires only that we love Him back. And to demonstrate His great love for His children, He sacrificed Himself for us through the person of Jesus Christ. This was Ka Mōhai Aloha.

As God’s children, therefore, we are expected to show agape to others. In Romans 12:9 the Apostle Paul writes: “Don’t just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good.”

Most of the time, this does not require tremendous sacrifice or grand gestures. We can show agape love through simple expressions of compassion and kindness as we move through each day. This is as easy as smiling and acknowledging others, not just those we see at work or in school, but the strangers we pass as we walk down the street. It is as easy as speaking words of kindness and encouragement instead of criticism and sarcasm. It is as easy as holding the door open for the person behind you, or waving to thank the person who just let you cut in traffic. “Live Aloha” is a popular expression and campaign here in Hawai‘i, but how many of us actually put this into practice? How different would our world be if we all began to consistently commit Random Acts of Aloha?

In 1895 our beloved Mō‘i‘wahine, Lili‘uokalani, was a model of agape following the illegal overthrow of the Hawaiian Kingdom and her subsequent imprisonment in ‘Iolani Palace. In that difficult and painful season, Lili‘uokalani wrote “Ke Aloha o Ka Haku” – The Queen’s Prayer – perhaps her most famous composition. Her hymn, which expresses her deep love for, and unwavering faith in, Ke Akua during her time of despair, begins:

ʻO Kou aloha nō Your loving mercy
Aia i ka lani is as high as heaven
A ‘o Kou ‘oia‘i‘o And your truth
He hemolele ho‘i So perfect

And in the third paukū of her mele, Lili‘uokalani affirms her agape aloha and huikala (forgiveness) towards her captors:

Mai nānā ‘ino‘ino Behold not with malevolence
Nā hewa o kānaka The sins of man
Akā e huikala But forgive
A ma‘ema‘e nō And cleanse

So, as in the example set by Lili‘uokalani, agape is a choice we must make each day to actively love others as Christ loves us. It is an attitude of the heart and it is a call to action.

It was because of Jesus’ agape for each of us that He suffered and died on the cross so that we might live; washed clean and forgiven of every mistake and bad choice we’ve made in our lives. As we approach the coming Easter celebration, we would do well to remember Ka Mōhai Aloha a Ke Akua that was made on our behalf, not because we deserved it, but because God loves us and because God is love. Aloha Ke Akua.
He mau Nīnau (Questions to Ponder)
- Do I love other people with the agape love that God has for me? If not, what holds me back?
- What Random Act of Aloha can I do this week to show agape love to another person?

Pule
E ke Akua Mana Loa, hemolele a ma'ema'e. Mahalo for the love and grace you have extended to me, that You would give your precious son as Ka Mōhai Aloha, a sacrifice to cleanse us of our hewa. Please help me to see other people with your eyes and your heart. Show me how to love others the way you love me, and provide me with opportunities to put this love into action in my community and in the larger world. And in all things may I honor and glorify You. Ma ka inoa o ka Haku 'o Iesū Kristo, 'Āmene.

Keiki Activity
- Visit the “Live Aloha” homepage http://www.atchawaii.com/LocalInfo/livealoha.html and review the list of examples of random acts of kindness. Have keiki come up with a list of at least three Random Acts of Aloha that they might fulfill at school, at home or in the community between now and Easter to demonstrate agape love. This could be as simple as offering to wash the car of an elderly neighbor, or extending the hand of friendship to a classmate who is sometimes overlooked or excluded by other students.
- Implement a “Live Aloha” poster or poem contest in your class or school-wide;

Suggested Hīmeni
- “Ke Aloha o Ka Haku” (The Queen’s Prayer) No. 186 Nā Hīmeni o Ka ‘Ekalesia
- “He Aloha Ko Iesū” (Jesus Loves Me) No. 154 Nā Hīmeni o Ka ‘Ekalesia

He aloha ko Iesū Jesus loves
I ke keiki li‘ili‘i nō The little children
Kahe Kona koko no‘u His blood shed for me
I pau a’e ka hewa o‘u To pay for my sins

Keiki aloha! Keiki aloha!
Keiki aloha! Ke aloha o Iesu!
Ka Mōhai Aloha

Lent 5 by Kahu Kordell Kekoa, Chaplain KS Kapālama

Mai Hāʻawi Pio…E Hāʻawi Lilo  Give up… or…Give All

Heluhelu Baibala/Scripture Reading

“E hāʻawi aku, a e hāʻawi’ia mai iā ʻoukou, me ke ana pono i kaomi ‘ia iho, i pili pū i ka hoʻolulluli ‘ia a hanini i waho, e hāʻawi mai ai lākou i loko o ko ʻoukou poli: no ka mea, me ka ana a ʻoukou e ana aku ai, pēlā nō e ana ‘ia mai ai no ʻoukou.”  Luka 6:38

“Give, and you will receive. You will be given much. Pressed down, shaken together, and running over, it will spill into your lap. The way you give to others is the way God will give to you.”  Luke 6:38

Mana`o

I know…we are supposed to give up something during Lent, like God gave up Himself for us and in that way we can honor His gift of life to us. This would be His mōliaola for us. That sacrifice truly is Ka Mōhai Aloha. It makes sense to give something up, however, what if I give it up…only until Easter?  My pastor friend encouraged me with this wisdom, “Don’t give up something that you are going to purge on Easter morning. Your Lenten sacrifice of Big Island Candies does not make you a better Christian if you eat a bag full of them before sundown on Easter day and forget all about Lent.”  God doesn’t want your choice of candy, He wants you.

While contemplating your Lenten sacrifice, consider the depth of your giving but also the blessing of your getting.  I’m reminded of that old familiar himeni, lesū Me Ke Kanaka Waiwai:

“E hāʻawi, e hāʻawi lilo loa Give all
 I kou mau waiwai, of your wealth and riches,
 Huli a hahai mai iaʻu Turn and follow me
 I loa’a ʻē ke ola mau iā ‘oe” that you shall have everlasting life

Maybe you don’t need to give up anything. Maybe you need to give all of something… specifically, yourself.

If you must give up something, give up sin. That which so easily entangles around us. That which stops us from giving all to anything!

So if I am not giving up something but rather giving all of me, e hāʻawi lilo loa mai iaʻu, how can I do that? What does that mean? Here’s what I attempt to do:

- Ka Hoʻokē ʻAi (Fasting):  We normally think of not eating something, maybe this year we can pray instead of eating and give that food or portion of our food budget to someone in need.  Graciously.
- Ka Heluhelu ʻAna (Reading):  Instead of a fictional novel every evening, how about starting with 20 minutes and build up to one hour a day in God’s Word – c’mon, you can do it!
• **Ke Kalaiwa ‘Ana (Driving):** Carpool, catch the bus, walk or bike it! Good exercise!

• **Ka Noʻonoʻo ‘Ana (Thinking):** I can challenge my brain cells with puzzles or detailed thinking like ‘how does that work?’ Remove doubt and troubling thoughts by singing uplifting songs! Akamai ‘oe!

• **Ka Launa ‘Enehana ‘Ana (Tech-ing):** Download a Bible app. Limit your T.V. watching or surfing the web by reducing your daily usage each week by 10 minutes in order to increase your time outdoors! And then, only listen to good, inspiring music rather than degrading music. Bye-bye xboxone!

• **Ka Hoʻomaha ‘Ana (Resting):** Get 8 hours of sleep every night until Easter...then keep it up! Hold on, I need a nap!

• **Ka Lūlū ‘Ana (Tithing):** Lent is a great time to give more of God’s blessing in kālā to God’s work in the church. You can bonus that by also giving to a charity here in Hawaii that blesses people! You will be blessed! When the Bible teaches us to ‘give, and you will receive. You will be given much.’ God will multiply your gift to Him and your kiʻaha will overflow. This Lenten season can change you because the way you give to others is the way God will give to you.” ALL of you!

**Questions to Ponder**
- What more can I give or do to present myself as an All-In Team player on ke Akua’s team?
- Which of the options above will I challenge myself to start and continue?

**Pule**
Mahalo e ke Akua for the chance to be different in life, a chance to show You and others that You matter. May I take seriously this challenge to be an All-In Player on Your Team. I will need your help, but I believe together we can do this! Mahalo for loving me through my giving up and giving all! Ma ka inoa o Iesū Kristo. ‘Āmene.

**Keiki Activity**
- Be an All-In Keiki by doing three extra chores around the house than mom or dad expect!
- Be an All-In Keiki by taking the ohana outside after dinner for a game of ball playing!
- Do all your homework for that night and the next night! Encourage a sibling or friend to do the same.
- Be an All-In Keiki by using only words that encourage and uplift your friends and family.

**Suggested Hīmeni Haipule:**
- “Iesū Me Ke Kanaka Waiwai” (Jesus and The Rich Young Ruler) (Nā Hīmeni o Ka ‘Ekalesia, #115)
“Ua Hā‘awi Wale ‘Ia Mai Iā ‘Oe” (Freely Given To You) (Nā Himeni o Ka ‘Ekalesia #180)