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?
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 ‘oukou, me ke ana pono i kaomi ‘ia iho, i pili pū i ka hoʻoolulluli ʻia a hanini i waho, e hāʻawi mai ai lākou i loko o ko ‘oukou poli: no ka mea, me ka ana a ‘oukou e ana aku ai, pēlā nō e ana ‘ia mai ai no ‘oukou.”  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

Manaʻo

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 hīmeni, Iesū Me Ke Kanaka Waiwai:

“I kou mau waiwai, of your wealth and riches,
Huli a hahai mai iaʻu Turn and follow me
I loa’a ‘ē 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 ‘Ai (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 ‘Ana (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 ki’a ha 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 Hāʻawi Wale ʻIa Mai lā ʻOe” (Freely Given To You) (Nā Himeni o Ka ʻEkalesia #180)