



## **A Reflection on Daylight Saving and Lent**

Romans 12:2 (NRSV): "Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect."

Daylight saving time began today, March 9. The idea behind it is to make better use of daylight, allowing us to be more active while the sun is still up and reducing our reliance on artificial lighting.

Nowadays, most digital clocks and devices adjust automatically, effortlessly syncing to the new time. But older, manual clocks require us to pause, pull them off the wall, adjust the time, and put them back.

Today, I pulled the clock off the wall. Honestly, I felt a bit anxious because I hadn't installed it properly in the first place. I was careful not to pull off the nails, adjusting it gently before putting it back. This small task reminded me of the contrast between automation and intentionality.

In a world where so much happens automatically, it's easy to go through life without much thought. But sometimes, we need to slow down, reflect, and make adjustments ourselves. This is a fitting spiritual metaphor, especially during Lent.

Lent calls us to be intentional—to open our eyes, shift our perspective, and seek deeper meaning. It's a season of wisdom and growth, a time to reevaluate our lives,

relationships, and purpose. Beyond the roles and titles, we hold—spouse, parent, grandparent—Lent invites us to ask: How do I live? What truly defines me? Am I on the right path?

Perhaps the question isn't just how we live but why we live the way we do. Lent challenges us to wrestle with these questions, leading us toward greater clarity, purpose, and spiritual maturity.

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