



# Pause With Purpose

...to refresh

...to grow

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## Embracing Easter

Easter will soon be here, and most of us will likely celebrate it in the traditional way. Easter bunnies, Easter eggs, yellow baby chicks, and of course, chocolate will all make their appearance. There will also be Easter bonnets, Easter dresses, and Easter lillies. Families will gather for special Easter dinners. And many will even gather together for a special Easter church service.

After all, we might remember, Easter (like Christmas) has its roots in the Christian tradition. While Christmas celebrates the birth of Jesus, Easter celebrates the culmination of His earthly mission. It reveals the ultimate outcome of the infamous conflict between good and evil, between the Creator God and the rebellious Satan. It is, within the Christian community, the most important day of remembrance and celebration, since it highlights the fundamental truth of our God's sacrificial love for us and His victory over our spiritual enemy.

While Easter has a different meaning for different people, there are practical benefits of the Christian Easter that are worth

recognizing. Let's consider a few of them.

### 1. Identity Transformation -

Because of Easter, Christians are no longer defined by how (or how often) they fail. Rather, they are defined by how (and how incredibly much) they are loved. Those who believe in the divine nature, mission, and resurrection of Jesus are defined by His love. When we, as Christians, look at ourselves, we no longer see just our self, but also the One who loves us, stands by us, and claims us. Our brokenness and failing are superseded by Christ's love and power, and we become adopted children of the Divine.

### 2. Focus Upgrade -

Because of Easter and the new identity we have, we no longer have to focus our efforts on being good enough to be loved or accepted. We already are! Now we can focus on building a deeper love relationship with our God, where we seek more and more to do what pleases Him as an expression of our love for Him. This change in focus empowers us to grow and mature as we more fully live out our new identity. Humility replaces pride; service to others replaces focus on self; worship of

our God replaces frantic avoidance of failure and guilt.

### 3. Confident Hope -

Because of Easter, we are assured that, though the world is often chaotic, our God is still in control. Yes, the forces of brokenness and evil are often strong, but there is nothing in this world that we can't handle when we are joined with the love, grace, and power of our God. This kind of present and future hope is not simple dreaming or wishful thinking. It is confident anticipation built on knowledge of truth. It's encouragement for today and security for tomorrow.

### 4. Bountiful Joy -

A natural outgrowth of such confident hope is joy. This joy doesn't develop because life is always easy or fun. It grows from the knowledge that we indeed are loved, claimed by the Divine, and on the winning side.

So, enjoy the bunnies, eggs, and chocolate. But don't miss the incredible benefits of recognizing what Easter is really about!

Celebrate a truly Happy Easter!



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## CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work.

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## Spirituality and Easter

In 1969, Peggy Lee first sang the song that repeatedly asked the haunting question contained in its title - "Is That All There Is?" Her questions dripped with obvious disappointment as she looked at life and concluded,

"If that's all there is,  
then let's keep dancing;  
let's break out the booze,  
and have a ball ...  
if that's all there is."

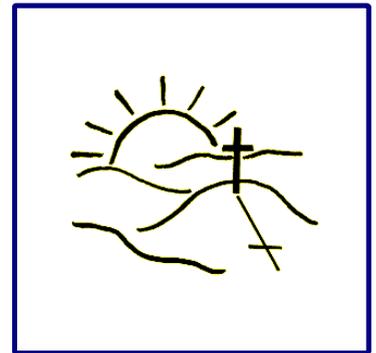
How similar this sentiment is to the cavalier attitude toward death held by certain people in the Biblical book of Isaiah.

"Let's eat and drink," you say,  
for tomorrow we die."  
(Isaiah 22:13)

But is death "all there is" following life? Some people, those whom the Apostle Paul calls "ignorant of God" (I Cor. 15:34), believe this is true. But for Christ-followers, Easter is proof that death is but a portal to eternity. Christ's resurrection is evidence that we, too, will be raised from the dead to live eternally with our loving God.

How wonderful that is ... and how much more hopeful than the alternative! After all, as the Apostle Paul says, "If the dead are not raised, 'let us eat and drink, for tomorrow we die.'" (I Cor. 15:32)

Let's joyfully celebrate the gift of eternal life given to us by our risen Jesus!



"Talking about God is not at all the same as experiencing God, or acting out God through our lives."

-Phillip Hewett