

VALENTINE, LENTEN SEASON, AND HEALING

A Lord's Flock Worship Service Topic

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February is globally known as the month of love, celebrated through **VALENTINE'S DAY**. Yet, this year, it also ushers in the start of the **LENTEN SEASON**- a season that reveals the greatest expression of God's love through the death and resurrection of Jesus Christ, bringing integral **HEALING** to all who believe.



1. VALENTINE

1.1. Valentine is derived from the Latin word "*valere*," meaning "strength and worth"; it conveys a connection to vitality, healing, and wholeness.

1.2. Valentine, interestingly, cannot be spelled without "**LENT**," which symbolically illustrates that love brings strength and worth to us through right spiritual **VAL**ues and **divINE** disciplines- **VA**-**LENT**-**INE**.

1.3. In a world that celebrates Valentine's Day for a day, with God, this is always, eternal, unchanging, and forever. Therefore, we don't need only a Valentine's date; we need God because in Him, we draw our strength and worth.

1.4. Valentine does not just represent emotion but love that provides strength and worth, which connects beautifully to Lent and its healing message.

2. LENTEN SEASON

2.1. Lent is meant to define our values that will lead to divinity. It is a spiritual journey to holiness through recalling and reliving Jesus' suffering, death, glory, and victory.

2.2. Definition

a. Liturgical- 40 days of fasting and reflection (from Ash Wednesday, which this year falls on the fourth day after Valentine's Day, leading to Easter Sunday).

b. Doctrinal- a reminder of Christ's saving grace through His death and resurrection, grace that is continually available through repentance and faith.

c. Pastoral- changing for the better collectively and living out the new life we have in Christ; let us offer our sufferings to Him.

2.3. Jesus' Transfiguration on Mt. Tabor — the Gospel reading for the second Sunday of Lent illustrates Jesus' anticipation of the glory that would follow His suffering and death. It is a powerful reminder that in Him, we can start with inner change to anticipate our own glory and victory over our sufferings.

3. HEALING

3.1. This year, the "World Day of the Sick" was set on February 11. It reminds us that health is the primary concern of humans - physical, emotional, mental, and spiritual. People are shifting from curing to removing sicknesses through DNA interventions and modern technologies in order to extend human lifespan.

3.2. Jesus healed a woman suffering from hemorrhage for 12 years (Matthew 9:20–22). She spent her money on doctors, but only Jesus was able to heal and free her from her suffering.

3.3. Integral healing combines faith and medicine. It restores the body, renews the mind, and most importantly, transforms the spirit. Just as transhumanistic psychology suggests that there is something beyond the human — just as modern science seeks to overcome physical limits — theology points us to the spirit as the source of true and lasting wholeness.

3.4. Faith in Jesus is the source of true healing by forming a relationship with Him.

Conclusion:

VA-LENT-INE shows that love is not merely an emotion, but a divine transformation that is shaped by spiritual values, refined through divine discipline, and made whole through our Lenten journey toward healing in Christ.

Reflection:

What spiritual values and disciplines can you commit to this Lenten Season to grow closer to God's healing love?

SCRIBES Ministry

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<https://lordsflock.org/teachings/digests>

https://www.youtube.com/watch?v=W5I_I-GA2MY