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LENT: A SEASON *of*
REFLECTION *and* RENEWAL



Big Cup Ideology vs. Full Cup Theology

by BILL MARKHAM

Co-Host, *The 700 Club Canada*



Imagine your life as a cup. That cup holds your time, energy, resources, dreams, and sense of purpose. Whether we realize it or not, we spend our

lives trying to fill it.

Our culture promotes what could be called **Big Cup Ideology**. When life feels empty, the solution seems obvious: get a bigger cup. More success. More money. More recognition. More influence. We assume fulfillment will come once we have enough room to hold everything we want. But an empty cup only feels emptier as it grows.

God's response is very different. Scripture teaches that we were created to be filled with **His goodness**—everything else falls short. Because of this, God never promised a bigger cup. He promised a **full** one.

Psalm 23 reminds us, *My cup overflows* (take a moment to read the entire psalm). A small cup under the right source will always be fuller than a big cup under the wrong one. When God fills the right cup with the right things, He never stops at full—He fills it to overflowing.

This is what I call **Full Cup Theology**. A full cup comes when we trust God as our Source—an endless, faithful supply—and allow only Him to fill us. Jesus modelled this way of living, trusting the Father completely and pouring Himself out for others.

Big Cup Ideology asks, “How much more can I get?” Full Cup Theology asks, “Who is filling my cup?” The goal of life is not a bigger cup, but one filled by God and overflowing into the lives of others.

The Cost of Faith

by Carolyn B. Fraiser

Writer and Digital Content Producer
CBN's Operation Blessing

During my work as a journalist, I talked to many believers around the world who had lost their families—disowned for following Christ. I met men and women who had been imprisoned, beaten, or banished because of their faith. Some were even threatened with death.

I often asked myself what my faith was costing me. I lived in the U.S., where I could freely worship God. It cost me very little, if anything, to say the words, “I am a Christian.”

Yet Jesus Himself tells us to consider the cost.

“If you do not carry your own cross and follow me, you cannot be my disciple” (Luke 14:27 NLT).

So, what is my faith worth if it costs me nothing?

I think about Mary, who poured an expensive jar of perfume over Jesus' feet. It cost almost a year's wages, yet I believe she knew it wasn't enough. She was indebted to Him. And Jesus was about to pay the ultimate price—His life!

“I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives” (John 12:24).

This is the heart of sacrifice. Do we love our lives more than Him? Or are we willing to give it all up in exchange for eternity with Christ?

So now I ask: Am I willing to go where God calls me to go, regardless of what it costs? Will I surrender my life completely to Christ every single day?

That is our challenge as believers. Each day, we must choose to follow Jesus, deny ourselves, and follow Him above everything else—even though it costs us everything.

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LENT: A SEASON *of* REFLECTION *and* RENEWAL

Lent is a sacred season in the life of the Church, a time set apart to slow down, reflect, and grow closer to God. For centuries, Christians have walked this journey as a spiritual preparation for Easter. Just as Advent leads us towards the joy of Christ's birth, Lent draws us towards the cross and the hope of the resurrection.

Historically, Lent began as a period of preparation for those being baptized at Easter. New believers would dedicate themselves to prayer, fasting, and repentance, readying their hearts to enter fully into the life of faith. Over time, the Church recognized that these practices were not only for new believers. Every Christian benefits from a season to pause, examine his or her life, and return to the heart of the Gospel.

Lent traditionally lasts forty days, echoing a number that Scripture often associates with preparation and testing. Moses spent forty days on Mount Sinai receiving God's law. Israel wandered forty years in the wilderness before entering the Promised Land. Jesus fasted forty days in the wilderness, facing temptation and relying fully on the Father. By observing forty days of reflection, prayer, and discipline, Lent invites us into this biblical rhythm, challenging us to examine our hearts, realign our priorities, and deepen our dependence on God.

The season begins with Ash Wednesday, a day that reminds us of our humanity. Ashes, often made from the previous year's Palm Sunday palms, are placed on our foreheads as a symbol of repentance and humility. We are reminded that we are dust, yet deeply loved by our Creator.

Throughout Lent, spiritual disciplines guide us towards transformation. Fasting teaches us to lay aside our own desires and hunger for the spiritual nourishment that only God provides. Prayer draws us into intimacy with the Lord, giving us the space to bring our needs, confess our failings, and align our hearts with His will. Reflection and meditation allow us to consider the eternal truths of Christ's journey to the cross.

Lent also calls us to look outward. As Jesus served and loved sacrificially, we are encouraged to examine our own lives. Are we serving faithfully where God has placed us? Are we willing to put others before ourselves, push aside comfort and convenience, and step into humility and obedience? Lent reminds us that true faith is active, expressed in both heart and action.

As the season progresses, the Church observes key moments of Holy Week. Palm Sunday commemorates Jesus' entry into Jerusalem, a celebration that foreshadows

Emily,

please accept our sincere thanks for your faithful service and for allowing God to work through you. Your dedication and the encouragement you have shared have been a true blessing.

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians 6:9 NIV)

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the sacrifice to come. Maundy Thursday brings us to the table, recalling Jesus' command to love one another as He loved us. Good Friday confronts the weight of sin and the cost of the cross. Silent Saturday invites us into stillness and trust, waiting on God's timing and the promise of resurrection.

Finally, Easter arrives, the joy of new life breaking through. Lent is not an end in itself, but a journey that leads to resurrection hope. Christ's victory over death invites us to live in freedom, hope, and purpose, renewed by His love and sacrifice.

To make Lent meaningful, consider simple practices: set aside daily time for prayer or reflection, choose a fast that refocuses your heart on God, serve quietly and faithfully where you are needed, and take time to reflect on God's grace. Even small steps can lead to profound transformation.

Lent is a gift—a season to return to the heart of God, to be shaped by His Spirit, and to prepare our hearts for the joy of Easter. As we follow in the footsteps of Moses, Israel, and Jesus, may this season draw you closer to Christ, deepen your faith, and inspire a life of love, hope, and gratitude.

If you'd like more information on Lent, please visit 700Club.ca/reflection-and-awe-devotions.



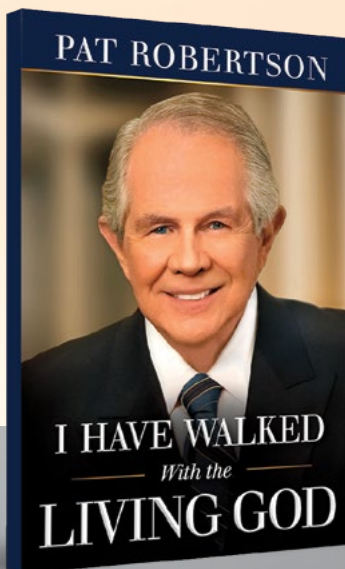
with Gordon Robertson

What is the difference between God and Allah? Are Christians and Muslims really praying to the same God?

This is an important and sensitive question. In Arabic, Christians reading their Bible use the word *Allah* to refer to God, because that is simply the Arabic word for "God." The issue is not the name itself, but the character and attributes of the one being worshipped.

When Scripture reveals God, He is shown as a God of love who calls us to love even our enemies and do good to those who persecute us. He sent His Son, Jesus Christ, to save and reconcile us to Himself. In many Islamic teachings about Allah, those core truths—God as Father, Jesus as His Son, sacrificial love, and grace—are denied or understood very differently.

So while the word can be the same in Arabic, the biblical God revealed in Jesus is not the same as the Allah described in Islam.



AN EXTRAORDINARY LIFE OF FAITH AND OBEDIENCE

See how a broadcasting novice became a global Gospel pioneer

It's been over two years since the Lord called CBN Founder Pat Robertson home—but his legacy and impact continue to make a difference around the world.

In his book, *I Have Walked With the Living God*, Pat shares warm, candid recollections of how God's faithful guidance shaped his life.

Learn how you can get your copy. Call **855-759-0700**, or go to 700Club.ca/HeHasWalked

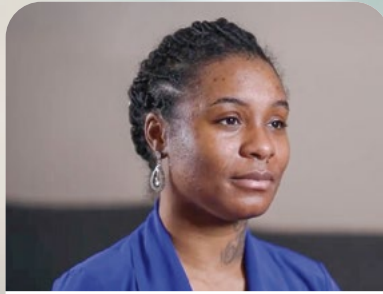
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UNBELIEVABLE RESTORATION

Brandon and Terra married while still in their teens. They were so in love, but all was not as it seemed. They both struggled with infidelity, and Brandon was often in and out of jail. Their lives seemed destined for violence and despair—until Brandon learned about Jesus' love. This is one story you'll want to see.



LOVE IN ALL THE WRONG PLACES

Mary never felt like she fit in. She turned to drugs, alcohol, and eventually prostitution—but nothing filled the void. Then one day, she heard a voice that changed everything. Don't miss her fascinating story.



IS ANYTHING GOOD EVER GOING TO HAPPEN?

Lynne's life came crashing down after learning that she had cancer—and her husband had suddenly died. Depression weighed heavily on her until she did something she'd never really done before—pray. Be sure to watch her incredible testimony.

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Thoughtful Planning

FOR LIFE, LEGACY, AND LOVED ONES

Date: March 26, 2026
Time: 7 p.m. EDT

Estate planning is more than legal paperwork—it's a way to care for your loved ones, protect what you've built, and make sure your wishes are known.

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Register at register@advisorswithpurpose.ca or call 1.866.336.3315.



THE POWER OF BELIEVING



By Gordon Robertson
President and CEO, CBN

As we prepare for Easter next month, let's ask the Lord to renew our faith with a fresh appreciation of what He has done for us.

The miracle of Jesus being raised from the dead is so amazing that even one of His own disciples couldn't believe it! In John 20:24-25, we learn how "Doubting Thomas" earned his nickname:

Now Thomas . . ., one of the twelve, was not with them when Jesus came. The other disciples therefore said to him, "We have seen the Lord." So he said to them, "Unless I see in His hands the print of the nails, and put my finger into the print of the nails, and put my hand into His side, I will not believe."

Despite that blunt denial, Jesus responds with mercy:

After eight days His disciples were again inside, and Thomas with them. Jesus came, the doors being shut, and stood in the midst, and said, "Peace to you!" Then He said to Thomas, "Reach your finger here, and look at My hands; and reach your hand here, and put it into My side. Do not be unbelieving, but believing" (vv. 26-27).

And that's when Thomas declares, "My Lord and my God!"

Jesus replies, "Thomas, because you have seen Me, you have believed." He then makes a wonderful proclamation that extends down through the ages to us today: "Blessed are those who have not seen and yet have believed" (v. 29).

He invites you to reach out in faith and see that His wound is engraved with your name. For God says in Isaiah 49:16, "See, I have inscribed you on the palms of My hands."

And just like Jesus told Thomas, He challenges us today. As the New Living Translation puts it, "Don't be faithless any longer. Believe!" God bless you.

Excerpted from a teaching on The 700 Club. Scripture is quoted from the NKJV except as noted.

What if angels and demons are not just ancient stories—but real forces shaping our world?

In *Investigating the Supernatural: Angels & Demons*, journalist Billy Hallowell journeys across America to examine the evidence for a spiritual realm. Through cinematic reenactments and interviews with scientists, theologians, doctors, and eyewitnesses, this film explores real-life encounters with angels, demons, and unexplained phenomena—including UFOs. What is uncovered will challenge believers and skeptics alike.

You'll discover:

- How scientific research points to a supernatural dimension
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- The shocking account of a psychiatrist who encountered demonic forces
- A mechanic's remarkable account of being saved by angels

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