



SHROVE TUESDAY &

Pancake

MARCH 4

Supper!

Tuesday, March 4, 2025

In-Person & Online Bible Study

6:45 pm

Zoom Meeting ID 973 678 1217, Passcode 6781293

Call-In 929-205-6099, Meeting ID 973 678 1217

Rev. Melvin E. Wilson, Pastor/Teacher

Email: pastorwilson@stmatthewame.org

Cell: (914) 562-6331

I. Why Are We Doing This?

- A. Expanding our spiritual and educational horizons
- B. Probably doing something that many of us have never done before
- C. Part of our Lenten preparation

Overarching Point: *There is nothing in the Bible that in any way suggests that early Christians observed either Lent, Fat Tuesday, Shrove Tuesday, or Carnival.*

So why do we observe it?

II. What is Shrove Tuesday?

- The name '**shrove**' comes from the old word '**shriving**', which means to listen to someone's sins and forgive them, to confess.

¹³ Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy. Proverbs 28:13 NIV

- Shrove Tuesday marks the coming of Lent and is often celebrated with pancakes and carnivals. In preparing to give up richer foods as part of Lent, pancakes began to be eaten on Shrove Tuesday. This was because people would use up richer foods such as eggs, sugar and milk before Lent began, which when combined, can make pancakes.



- Pancake Day, Shrove Tuesday, Fat Tuesday and Mardi Gras all refer to the Christian Celebrations before Lent.
- In the Christian religion, this is the day of feasting before Ash Wednesday. It's a day when people enjoy rich, fatty foods and sweet treats, such as pancakes, in preparation for Lent.
- Pancake Day is on a different day every year, always falling 47 days before [Resurrection] Sunday.
- There are many different names for this Christian celebration day. '**Mardi Gras**' is French for '**Fat Tuesday**', and is celebrated in very specific ways. '**Pancake Day**' came from the tradition of eating pancakes. The different manifestations of this celebration all have a similar route, in that they celebrate indulgence before the period of Lent, which is very restricted.
- Pancake Day is a "**purging**" day, but also a feast day. Pancakes have been eaten for Shrove Tuesday for more than 1,000 years.

III. The Colors of Mardi Gras/Shrove Tuesday



- The Rex organization in New Orleans is credited with establishing these color meanings in 1892. A King and a Queen are selected each year.
- These meanings have religious significance.

IV. Lessons/Questions

- A. Should we or shouldn't we celebrate this day or this season?
 1. We are not Catholic or Episcopalian
 2. The evolution of the celebration into...
- B. Should we indulge before we sacrifice?

¹² "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything. ¹³ You say, "Food for the stomach and the stomach for food, and God will destroy them both." The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. – 1 Corinthians 6:12-13 NIV

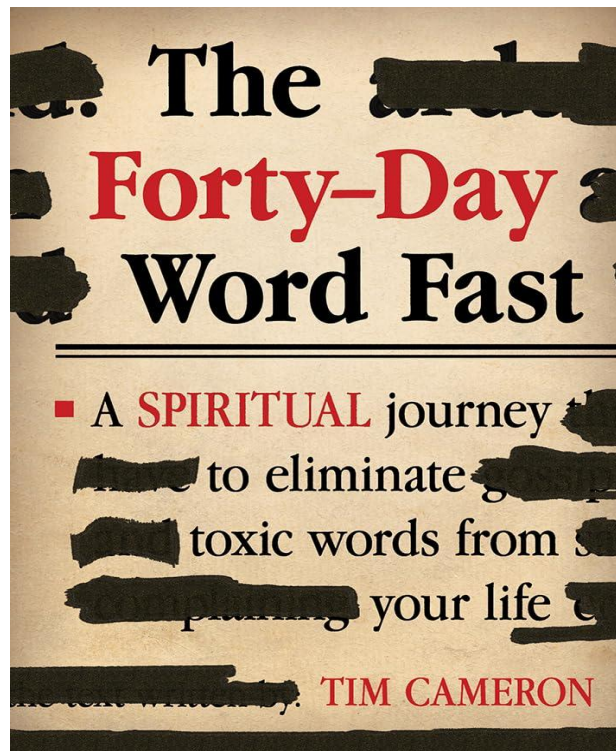
C. What is the purpose of sacrificing during Lent?

D.

V. Where Do We Go From Here?

A. Clean up! Clean up! Everybody, everywhere!

B. Lenten Bible Study Series – *The Forty-Day Word Fast: A Spiritual Journey to Eliminate Toxic Words From Your Life* by Tim Cameron



C. Reading Plan

1. Read Part 1 of the book if you have not done so already
2. Start with Day 1 on Page 99
3. Read a Section each day. Complete the daily journal section
4. Our Tuesday Bible Study will focus on the keywords identified on the Tuesday we study
 - a. March 11 – Day 7
 - b. March 18 – Day 14
 - c. March 25 – Day 21
 - d. April 1 – Day 28 (No Bible Study)
 - e. April 8 – Day 35
 - f. April 15 – A Transformed Heart

D. D. 40 Days of Faith Devotional Journal prepared by Rev. Martin Odom