

Jonathan Roumie Marks Start of Lent With Powerful Faith Message

"The Chosen" star Jonathan Roumie is sharing a powerful message for the start of Lent as Catholics around the world begin Ash Wednesday traditions.

Roumie spoke with Fox News, where he described Lent as a "...time for just meditation, peace and reflection."

Beyond that, he points out that our culture gets "louder and louder and louder." This message of being still in the Lord is critical for positive, spiritual health.

"It is essentially the epitome of what it means to take time for yourself, and to return to this time of meditation and prayerfulness with God," Roumie stated.



To order Travis Johnson's new book, [Un]Embarrassed of Jesus, visit .

Roumie also shared why he believes there has been a dramatic shift, with more men, particularly young men, returning to the church.

"...men are sort of really tired of what they're experiencing in society and in the world in general," he shared. Roumie also noted that for men who seek the Lord so they can live godly, respectable lives, "...everything just works better. Their lives are more fulfilled, their relationships are improved, their marriages are improved, and their relationships with their kids are made much fuller..."

In a culture that constantly demands attention and noise,

choosing stillness before the Lord becomes an act of spiritual strength. When Christians intentionally step away from distraction to seek His presence, it is there that clarity, peace and purpose are restored. As many rediscover faith in uncertain times, Roumie's words echo a timeless call: when we draw near to God, He faithfully draws near to us, renewing lives from the inside out.

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