

REFLECTION GUIDE

2.11.24

INTRO

The start of Lent is a significant milestone on the church calendar and has been for many years. Some faith traditions do not observe Lent, so if this is new to you, do not let these be ordinary days! Consider changing your daily routine so you can experience God in fresh way this season.

THOUGHTS

PRAYER

Loving God, I am grateful you came to offer mercy to sinners like me. Help me to be the type of person who always lives in a loving way toward everyone. Forgive me when I begin to see myself as better than someone else or justify my judgment of them. Amen.

DIGGING DEEPER

- What is your background knowledge of the Lenten season? Did you grow up in a family that observed Lent?
- Lent is the time between Ash Wednesday and Easter that represents the 40 days that Jesus spent in the wilderness preparing for his earthly ministry. We use this time to focus on the things that might hinder our mission as Christ-followers. Is there a certain part of your life that you feel drawn to examine this year?
- Read Luke 4:1-13.
 - Describe the main theme of each temptation Jesus faced.
 - Can you remember a time you faced any of those same struggles?
 - How did Jesus handle the temptation he experienced?
 - How can you apply that strategy to a current struggle you are dealing with?
- During Lent, Christians will often give up something or start a new spiritual practice. This is done as a reminder of the sacrifice of Christ and as a way to set apart this time period for spiritual growth and recalibration prior to the Easter celebration.
 - What comes to mind as a possible practice you could implement or something you might stop doing during this Lenten season?
 - What do you hope to gain from this experience?

