



Let There Be

Life

A Lent Discussion Guide for Small Groups

THIS BOOK
BELONGS TO:



Let There Be

Life

A Lent Discussion Guide for Small Groups

Ash Wednesday

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)



Today's Verse

For you are dust, and to dust you shall return. Genesis 3:19b (NASB)

- The Hebrew word for *dust* in this passage is *āpār* (pronounced *aw-fawr'*), which in this context means *dry earth, dust, powder, ashes, or ground*. The verse occurs within the tragic climax of the story of The Fall, as God describes the consequences of brokenness wrought by humanity's choice.
- The popular phrase, “ashes to ashes, dust to dust” is inspired by this verse, but actually comes from the Burial section of the first English *Book of Common Prayer*, completed in 1548 (full quote: “Earth to earth, ashes to ashes, dust to dust”).
- Throughout Scripture, dust and ashes are important symbols of grief, repentance, and humility before God. We are created; God is Creator. Ash Wednesday reminds us of our mortal place in creation, as well as our responsibility to use the time we have stewarding it well. We honor Christ's life and sacrifice by continuing his work of restoring broken connections—with God, with creation, with each other, and with ourselves.

Read

Th ○ Job 42:5-6

F ○ Daniel 9:3

S ○ Isaiah 61:1-4

Check In

This week I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

I feel bothered/distracted by: _____

I am thankful for: _____

Reflect

Ash Wednesday involves entering the wilderness of our brokenness. What needs healing, forgiving, or mending in my life?

What does repentance look like for me in this season of Lent?

The ashes we wear are less about endings than about beginning again with the end in mind. What needs to begin again in me?

Pray

- Give thanks for new beginnings.
- Ask God for clarity, consistency, and direction this Lent.
- Pray for all who are grieving in our community.

Act

Attend an Ash Wednesday worship service, however you are able.

1st Sunday in Lent

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)



Today's Verses

God created everything through [the Word]...The Word gave life to everything that was created, and His life brought light to everyone. John 1:3-4 (NLT)

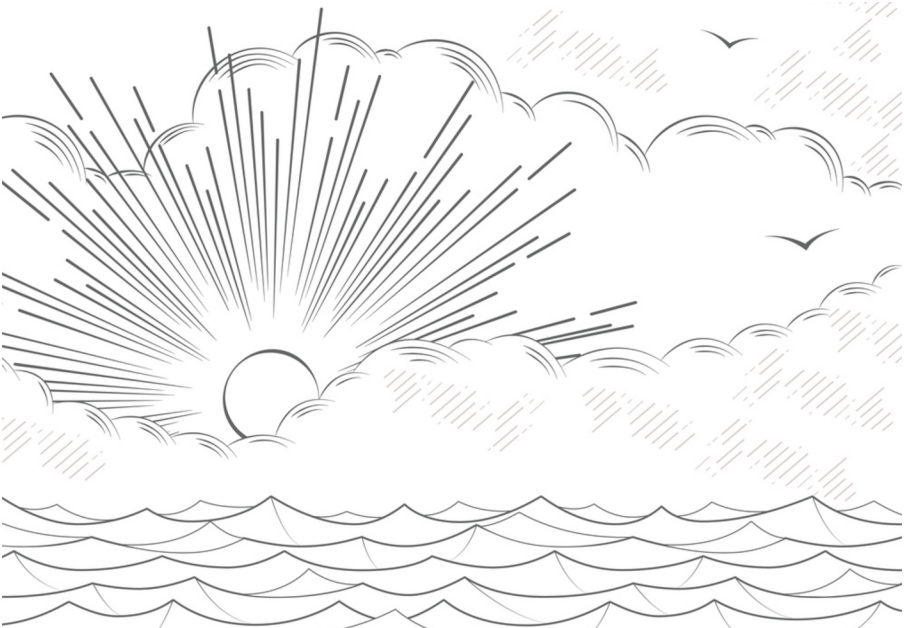
- The word for *life* in this passage is *zōē* (pronounced zo-ay'), which means *the state of vitality or animation*, as well as *the absolute fullness of life which belongs to God and which God has put on human nature*.
- “The Word” in John chapter 1 is Jesus. Ancient Jewish people commonly referred to God in terms of God’s word; in their mindset, *the word of God* could be used interchangeably with God’s own self. Meanwhile, Greek philosophers saw the *logos (word)* as the “Ultimate Reason” which puts sense into the world, making it orderly instead of chaotic. John, therefore, met both Jews and Greeks where they were, presenting Jesus to them in concepts they already related to.
- John 1 says that Jesus was with God in the beginning, and also that Jesus *was* God (1:1). Jesus created all things that were created. The Word is the source of all life — not merely biological function, but the very principle of life.
- Life in all its fullness includes recognizing Creator as our source and ourselves as created beings, which aligns us with true humility. Not only are we not self-made and therefore not to be credited with our own sufficiency, we could not even exist without God’s providence. And yet, as God was putting together all the marvels of the universe, God saw us (individually and collectively) as an indispensable piece to include in it.
- God cares for us. Through the life of Jesus and the order of creation, God assures us that we matter, and that our connections matter. We are humbled by God’s love and attention, and we are lifted up to share the Good News of our origin story with others who need to hear it.

Group Discussion

What’s your favorite story about Jesus?

What does LIFE mean to you? To our church? To our community? (Have we talked to them about it?)

How good are we at meeting people where they are and presenting Jesus in concepts they can relate to? How can we improve?



THE WORD GAVE LIFE TO EVERYTHING AND
BROUGHT LIGHT TO EVERYONE. JOHN 1:4

1st Week of Lent

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)



Check In

This week I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

I feel bothered/distracted by: _____

I am thankful for: _____

Read

- | | | |
|----|-----------------------|-------------------|
| M | <input type="radio"/> | Genesis 2:7 |
| T | <input type="radio"/> | Acts 17:28 |
| W | <input type="radio"/> | 2 Chronicles 6:18 |
| Th | <input type="radio"/> | Colossians 1:16 |
| F | <input type="radio"/> | Isaiah 40:17 |
| S | <input type="radio"/> | Psalms 8:3-4 |

Reflect

What three words
would I use to
describe my life?

What three words
would I use to
describe creation?

How and why are
they different from
my life words?

How connected do
I feel to my
Creator? How do I
think Creator sees
me? What does the
Spirit say to me
about that?

Pray

- Give thanks for church workers, leaders, volunteers, and all who facilitate our worship services and other connection times with God.
- Ask God for vision to see yourself as God sees you.
- Pray for those struggling to feel/believe God's love.

Act

Set a timer and spend at least seven full minutes looking at your reflection in a mirror and pondering what it means to be created in God's image. Journal or otherwise make note of your thoughts, feelings, and reactions to what you see.

2nd Sunday in Lent



Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)

Today's Verse

I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. John 6:35 (CEB)

- The word for life in this passage is *zōē*, the same as John used in chapter one (last week's verse). The word for bread is *artos* (pronounced *ar'-tos*), which can refer to bread specifically or food of any kind.
- Jesus spoke these words to a crowd of people who followed him across the Sea of Galilee the day after the miracle of feeding over 5,000 of them with only five loaves and two fish. Those who witnessed the miracle took it as a sign that he was indeed the Messiah, and they wished to force him to become their king. When they encountered him again, he called them out for not simply wanting to honor or learn from him, but expecting him to fill their fleshly appetites.
- In this same discourse, Jesus also said, "Your ancestors ate the manna in the wilderness, and they died...I am the living bread that came down from heaven. Whoever eats this bread will live forever, and the bread that I will give for the life of the world is my body" (*verses 49-51*).
- Life in all its fullness includes discerning the difference between needing true sustenance and merely wanting to satiate our appetites. We *need* good energy and nourishment, but we also desperately *want* to feel better. This is a natural human response to life in this broken world system, and the feeling itself is not a sin. As ever, it's what we do about it that counts.
- God knows and cares how we feel, and God longs to fill us with every good thing. When we walk with Jesus for relationship instead of relief and for sustenance instead of satisfaction, we will ultimately find ourselves receiving all of these things and so much more.

Group Discussion

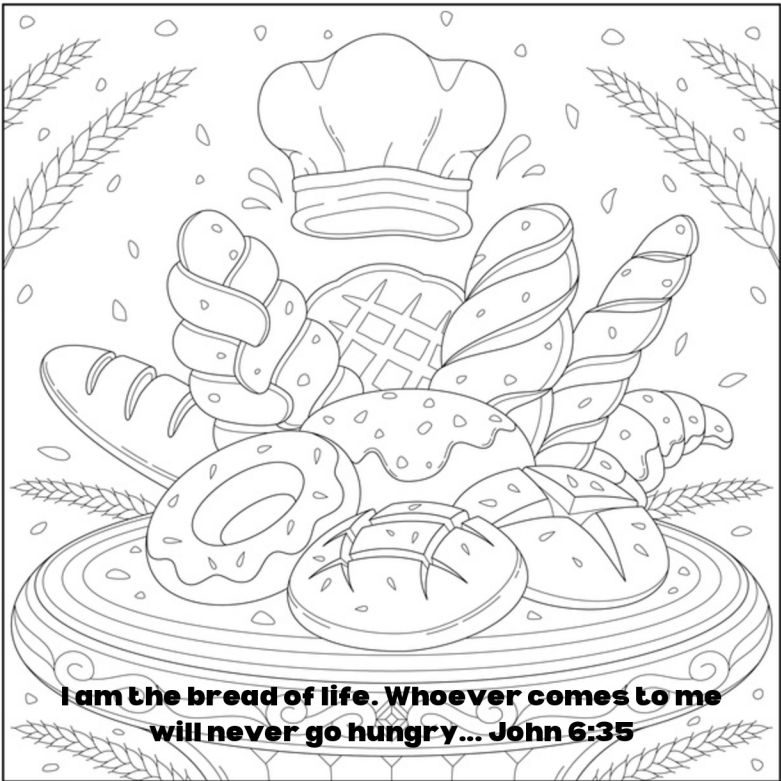
What's your favorite food and drink? _____

How secure are you and your family in food resources? _____

What about our church? Our community? _____

How good are we at following and presenting Jesus in terms of sustenance over satisfaction? _____

How can we improve? _____



2nd Week of Lent

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)



Check In

This week I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

I feel bothered/distracted by: _____

I am thankful for: _____

Read

- | | | |
|----|-----------------------|-----------------------|
| M | <input type="radio"/> | 1 Kings 17:10-16 |
| T | <input type="radio"/> | Psalms 104 |
| W | <input type="radio"/> | Isaiah 58:6-8 |
| Th | <input type="radio"/> | Matthew 4:3-5 |
| F | <input type="radio"/> | Matthew 6:11 |
| S | <input type="radio"/> | 2 Corinthians 9:10-11 |

Reflect

What appetites do I have trouble keeping satisfied? Where do I seek and find relief?

What is the source of these appetites? What feelings, urges, and/or memories tend to aggravate them?

How much do I trust God to provide all that I (and my relationships) need? What responsibility do I have in the process?

Pray

- Give thanks for farmers, field workers, agriculturalists, inspectors, drivers, bakers, grocers, clerks, stockers, cooks, servers, and all who contribute to providing the food we eat, as well as their families.
- Ask God to fill the empty/hungry/thirsty places in you.
- Pray for those suffering from food insecurity.

Act

Collect food to donate to your church or local pantry. If possible, assemble the food with a complete day's worth of meals in mind: items a household can use to make breakfast, lunch, snacks, and dinner.

3rd Sunday in Lent

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)



Today's Verse

Don't worry about what you'll eat or drink, or about what you'll wear. Isn't life more than food and the body more than clothes? Matthew 6:25 (CEB)

- The word for *life* in this passage is *psychē* (pronounced *soo-kay'*). It refers to both the breath of life (the vital force which animates the body) and the soul (the seat of feelings/the essence which is not dissolved by death). The word for *more* is *polys* (*pol-oos'*), which means *great, abundant, plenteous*.
- Jesus spoke these words during the Sermon on the Mount, the major message at the beginning of his ministry in which he set forth what he was all about. The flow of the sermon goes: Beatitudes (a picture of God's Way and values) → true understanding of the law → rightful practice of spiritual disciplines → pure motives and matters of the heart (in which this verse occurs) → God's Way in relationships → making lifelong wise choices.
- The human brain functions with what's known as negative bias; its instinct is to constellate around fears, negativity, and problems. It is helpful to note, then, that this verse immediately follows a discourse directing God's people to focus on heavenly treasures rather than earthly ones. Where we fix our mind's eye determines our direction, attitude, values, and decisions.
- Life in all its fullness includes giving God reign to refresh and expand our thought life—somewhat like moving from a tangle of weeds in our enclosed back yard up to a beautiful mountain vista. We probably still need to deal with those weeds, but we can do it with a sense of purpose and assurance that we are part of a bigger, greater, far more beautiful story.
- God cares for us, and God made us for more than paying bills or filling our stomachs and closets. We are designed to love and live not through what we have, but through what we nurture.

Group Discussion

What's your favorite
animal? Bug? Tree?
Element? Planet?

What needs or recent
events have brought
stress to you/your
relationships? To our
church? To our
community?

How good are we at
comforting our
members and
community with the
"more" of life? How
can we improve?

Do not worry.
Life is more...
Matthew 6



3rd Week of Lent

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)



Check In

This week I am feeling:

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|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

I feel bothered/distracted by: _____

I am thankful for: _____

Read

- | | | |
|----|-----------------------|-------------------|
| M | <input type="radio"/> | Matthew 13:22 |
| T | <input type="radio"/> | Psalm 8 |
| W | <input type="radio"/> | Philippians 4:6-7 |
| Th | <input type="radio"/> | Psalm 19 |
| F | <input type="radio"/> | 1 Peter 5:7 |
| S | <input type="radio"/> | Psalm 104 |

Reflect

What is worrying me?

When did I start

feeling this worry?

What fear or need is it

based on?

What (if any) other

creatures have this

need? How is their

need met? (If there are

none, why is that?)

How much of my

thought life do my

worries occupy? How

much time and energy

do they consume?

What am I missing

because of them?

Pray

- Give thanks for designers, textile producers, garment and factory workers, inspectors, drivers, retail workers, and all who contribute to providing the clothes and shoes we wear, as well as their families.
- Ask God to help you notice more of life and creation around you as you go through your daily routines.
- Pray for those suffering in unsafe and unfair working conditions.

Act

Go stargazing in a natural area near you. Bring a telescope, if you can. Use a star chart or app to identify as many planets, stars, constellations, and other heavenly bodies as you can. Say a prayer of thanks before you leave.

4th Sunday in Lent



Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)

Today's Verse

If you cling to your life, you will lose it; but if you give up your life for me, you will find it. Matthew 10:39 (NLT)

- The word for *life* in this passage is *psychē*, same as in last week's reading. The word for *lose* is *apollymi* (*ap-ol'-loo-mee*), meaning to *abolish or put an end to*, and the word for *found* is *heuriskō* (*hyoo-ris'-ko*), meaning to *learn, discover, acquire, obtain, procure*.
- Jesus spoke these words toward the end of a rather challenging set of instructions to his followers before sending them out in ministry. First he equipped them with power, then he told them how to conduct themselves, then he gave them some realistic ideas of what to expect along the way.
- Before anyone else knew how Jesus's story would unfold, he used the cross as a picture of discipleship. The cross was the consequence of offending the Roman Empire. As Jesus would show, there didn't have to be any actual law broken for a person to be crucified. Whatever men in power perceived as a threat was punishable by this public, torturous execution—both as an end to the perpetrator and to instill fear in any who might wish to follow them.
- Life in all its fullness includes following Jesus's example at all costs. Where the world amasses wealth, Jesus teaches us to share with the poor, powerless, and displaced. Where the world conquers by force, Jesus teaches mercy and peace. Where the world creates hierarchies, Jesus calls us to compassion and solidarity. The world system will always reject Jesus's way, and Christians must always push back against the harmful ways of the world.
- God cares for us, and God made us to be light and love. When we reject the world system to walk in Jesus's ways, we not only store up treasures in the heaven to come; we also find and build heaven on earth with us now.

Group Discussion

Who is your favorite public figure or leader (besides Jesus) & why?

Where has the tension between Jesus's ways and the world's ways brought trouble to you? To our church? To our community?

How good are we at modeling the value of Jesus's ways above the world system? How can we improve?

M O E Z M A T T H E W S P Y J K D Y V U O
 H K A Z W S C O O Y X O F J O Z U P O E V
 N P Q J C D D R Q Q L V I O E M S Z J Q C
 Y K A T B N P I U U P O N Y C G T W C P M
 E E P C G S K G F V R P S C W W G R L E X
 E W O R R Y M I M X S L K E S R I O U I V
 V G S T Q E C N S Z F M V D N L F S C E I
 S I U Q C E Y A F I M E W S R N X I O U Y O X
 L G Q Q C F N T K M T Y F Y Y G L O U L W L K
 S O J L Q I V J O O M Q R E J H N F O X M
 L F S G D R T E R R O B A W C T D O R J O
 F G Q T Y B J S F P G Q M Q R C U D D M R
 O X W V K N O U I Q B W J W E I E B V G E
 I L A S H E S S N T H A J K A Y O I U S P
 P X R B I P U E D E E U S J T I X U P O I
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 I M M H Z B R E A D W J J D M E N U N V F
 U O A E I H K S R M W D P X W K W N G E O

ashes	life
bread	light
cling	lose
Creator	lost
creature	Matthew
dust	more
find	origin
found	true
give	word
Jesus	worry

4th Week of Lent

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)



Check In

This week I am feeling:

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|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

I feel bothered/distracted by: _____

I am thankful for: _____

Read

- M ☐ Matthew 7:7-8
- T ☐ Proverbs 4:23
- W ☐ Matthew 13:44-46
- Th ☐ Philippians 3:8-9
- F ☐ Luke 15:11-32
- S ☐ 1 Timothy 6:17-19

Reflect

What are my core values? How do they align with Jesus’s teachings and life?

Where have I seen people standing up for the ways of Jesus in history? In my community? In other parts of the world?

Where do I find it difficult to follow Jesus “at all costs?” Which costs scare me? What does the Spirit say to me about that?

Pray

- Give thanks for creators, artists, writers, singers, musicians, dancers, choreographers, producers, directors, actors, designers, architects, mathematicians, scientists, philosophers, theologians, and all who challenge us see the meaning of life in new ways, and their families.
- Ask God to give you courage to walk in Jesus’s ways faithfully.
- Pray for those who have suffered harm for their faith and/or calling.

Act

Set aside a few minutes to be still and listen to an instrumental music piece of your choice. As the music plays, mindfully consider a Bible verse or spiritual question on your heart. When the piece ends, pray and thank God for those who created and recorded it.

5th Sunday in Lent

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)



Today's Verse

Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! 2 Corinthians 5:17 (NLT)

- The word for *old* in this passage is *archaios* (pronounced *ar-khah'-yos*), meaning *that which is of old things, times, or conditions*. The word for *new* is *kainos* (*kahee-nos'*), meaning *recently made, fresh, unused, unworn*.
- While this verse certainly has comforting implications for us inwardly, Paul wrote it as part of a longer passage to the church exhorting them to see others through the work of Christ. No longer should believers' perspective be limited to old things—people's pasts or backgrounds or labels or anything else. Instead, the church were ministers of God's reconciliation by approaching each person as a kindred spirit with a fresh start.
- In every person's beliefs, there is an inherent, often overlooked factor of social location. Social location includes age, nationality, family, work, roles, and more. It is a neutral concept which, simply put, tells us "where we're coming from." As with most anything, social location can be a help or a hindrance to our faith walk, depending on what we do with it. Idolizing or ignoring it leads to unholy barriers, snuffing out the unifying work of the Holy Spirit. Acknowledging it opens our eyes to what we can learn from each other, what we have in common, and where we can go together.
- Life in all its fullness includes releasing baggage and removing barriers. Christ sets us free from our old sin and labels, and also from human biases. The new ways of freedom, grace, and peace bloom in everything we do—and all who meet us should be able to sense it and know they are loved.
- God cares for us, and God cares for everyone else just as much. We are all made in God's image, which means there is something of God in every person to be seen and embraced. As people who follow Jesus, we must treat every person as God's precious handiwork—for that is what they are.

Group Discussion

What is your favorite
Lent/Easter seasonal
event & why?

What factors
contribute to your
and/or your family's
social location? What
about our church's?
Our community's?

How good are we at
seeing the image of
God in all people? At
being ministers of
reconciliation? How
can we improve?

Find 10 differences.



5th Week of Lent

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)



Check In

This week I am feeling:

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|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

I feel bothered/distracted by: _____

I am thankful for: _____

Read

- | | | |
|----|-----------------------|------------------|
| M | <input type="radio"/> | Psalm 40:1-10 |
| T | <input type="radio"/> | Isaiah 42:1-10 |
| W | <input type="radio"/> | Mark 2:21-22 |
| Th | <input type="radio"/> | John 13:34-35 |
| F | <input type="radio"/> | Acts 11:16-18 |
| S | <input type="radio"/> | Hebrews 10:19-24 |

Reflect

How valuable to God
do I feel? To others?
To myself?

Has anyone ever
harmed me based on
their opinions about
my gender, skin color,
job, education, or
other? How does it still
affect me now?

What are my own
biases? Are there any
people in whom I
struggle to see God's
image and value? What
does the Spirit say to
me about that?

Pray

- Give thanks for obstetricians, midwives, nurses, doulas, lactation consultants, gynecologists, veterinarians, farmers, horticulturalists, and all who aid in the process of childbirth and bringing new life into the world, and their families.
- Ask God to help you see all of creation as God does.
- Pray for all who have suffered harm from the biases of others.

Act

If you have been baptized, reflect back on that moment. Sift through the memories for feelings, sensations, who was present, etc. If possible, visit a local pool or body of water to enjoy as you remember.

6th Sunday in Lent

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)

Today's Verse

God so loved the world that God gave the one and only Son so that everyone who believes in him will not perish but have eternal life. John 3:16 (NLT)

- The word for *life* in this passage is *zōē* (same as in Week 1) and for *eternal* is *aiōnios* (*ahee-o'-nee-os*), meaning *that which always has been and always will be*.
- Jesus spoke these words to the Pharisee, Nicodemus, who approached Jesus at night to inquire about his ministry and where his power came from. Jesus spent the majority of this chapter engaging with Nicodemus on the subjects of God's love and the tension between earthly and spiritual things.
- True or false: This verse succinctly encapsulates the Gospel. (True)
True or false: It's all about believing. (False—It's all about God's love!)
- Faith matters, but reducing John 3:16 to “evangelize” about belief puts the focus on us and on earthly things we can control...which is exactly where Nicodemus struggled. Rather, the Good News has always been a message of God's life-giving, world-redeeming, self-emptying, faith-creating love. It is a staggering, mystifying, impossible-to-fully-conceive-by-earthly-means truth...and it's exactly what everyone in the world needs to hear.
- Life in all its fullness includes choosing to live by God's spiritual truths over earthly matters—even (or especially) when we can't feel or see them. It is trusting God to love us and help us and walk with us every step of our lives, and it's sharing that message of love and help to as many people as we can along the way.
- God loves us no matter what.
That's it. That's the most important thing we need to learn.

Group Discussion

Describe your idea of
a perfect day. What
would you do & why?

What does a loving
God look like to you?
To our church? To our
community? (Have we
ever talked with them
about it?)

How good are we at
keeping the focus on
God's love? How can
we improve?



God loves us so much.... John 3:16

6th Week of Lent

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)

Eternal

Check In

This week I am feeling:

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|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

I feel bothered/distracted by: _____

I am thankful for: _____

Read

- | | | |
|----|-----------------------|-----------------------|
| M | <input type="radio"/> | John 17:3 |
| T | <input type="radio"/> | Psalm 139:23-24 |
| W | <input type="radio"/> | Mark 10:17-31 |
| Th | <input type="radio"/> | Luke 10:25-37 |
| F | <input type="radio"/> | John 4:4-14 |
| S | <input type="radio"/> | 2 Corinthians 4:16-18 |

Reflect

How lovable do I feel
—to God, to others, to
myself? Why is that?

How well do I receive
expressions of love
from others? How well
and how often do I
express love to them?
How can I improve at
both of these things?

Where do I find myself
torn or confused
between earthly and
spiritual pursuits?
What does the Spirit
say to me about that?

Pray

- Give thanks for cleaners, landscapers, pest controllers, construction workers, repairers, IT supporters, technicians, nannies, assistants, and all the unseen people who facilitate our lives and livelihoods (with or without pay), and their families.
- Ask God to help you grow in receiving and showing love.
- Pray for those who feel unloved and/or unlovable.

Act

Attend a Maundy Thursday and/or Good Friday worship service in your area, however you are able.

Easter Sunday!

Theme Verse: I have come in order that you may have life—life in all its fullness. John 10:10 (GNT)

Alive

Today's Verse

After his suffering, Jesus showed them that he was alive with many convincing proofs. Acts 1:3 (CEB)

Group Reflection

Read Luke 24:1-12 as a group. What stands out?

What proofs convince you that Jesus is alive? What doubts or hesitations do you feel?

Look back at your Ash Wednesday reflections. Have you seen healing, forgiveness, and/or mending in the areas you listed? Have you created distance between yourself and harmful diversions?

What is freshly alive in you today? How can we support you going forward? How can you use what you've learned to support others?

What's next for our church? Our community?

AMEN

