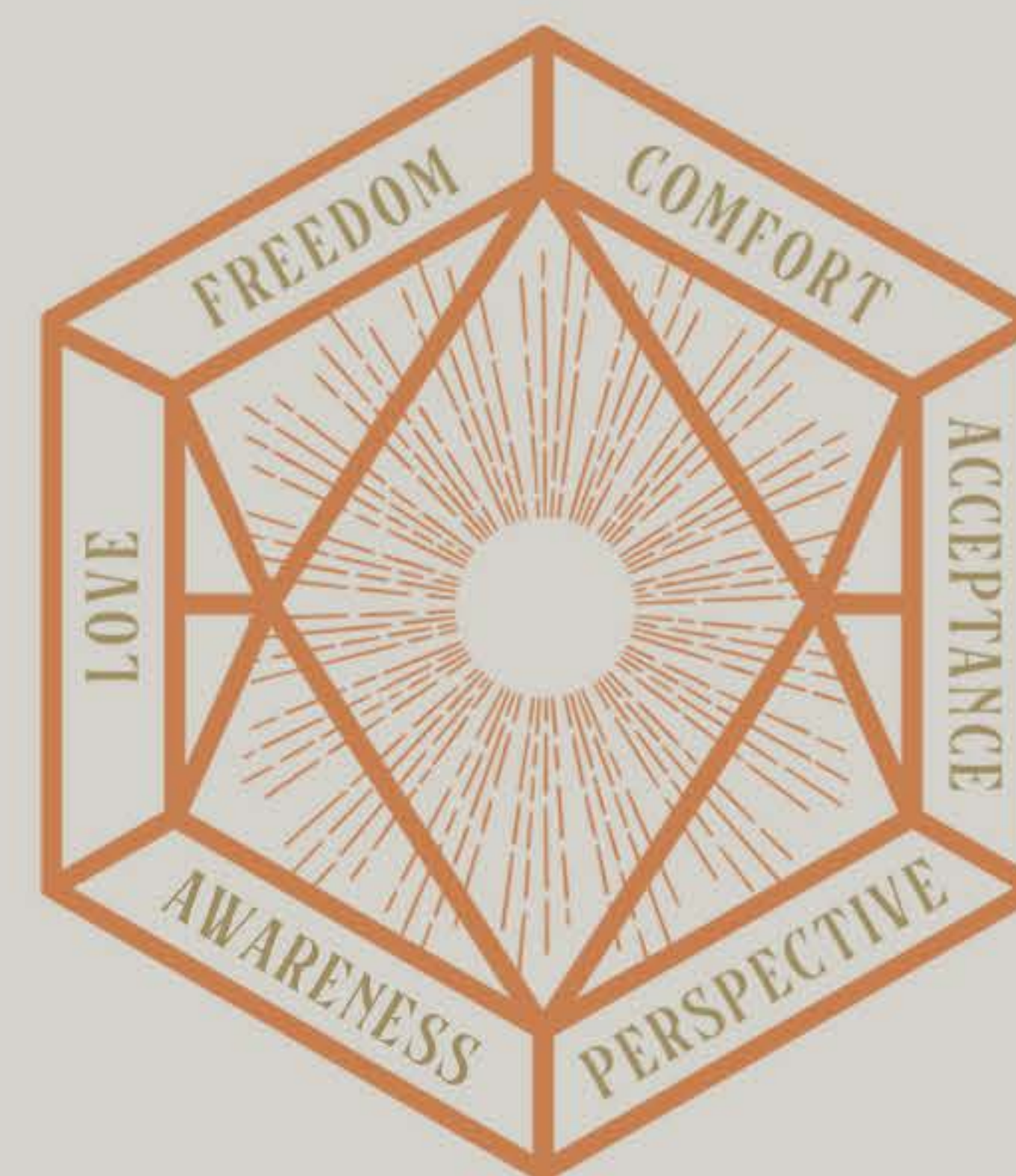


# the GIFT of LENT

WEEK 1 | MARCH 6  
THE GIFT OF FREEDOM



## INTRODUCTION

As we enter this first week of Lent, Pastor Chip kicks off our six-week series *The Gift of Lent* where we'll explore the 40-day journey following Jesus to the cross and the empty tomb. Each week of this series, we'll uncover a different gift for us to experience in our spiritual lives through fasting. This week, we look at how fasting from food can create the gift of freedom.

## DISCUSSION

1. Pastor Chip gave some examples of how Lent can be observed as well as some memories of typical celebrations. What, if any, are your first memories of Lent, and how has your perception and ways you practice Lent changed over time?
2. How would you rate your experience with fasting from food? If you have fasted, share any struggles or breakthroughs you experienced while fasting.
4. **Read Luke 4:1-13** and picture yourself living out Jesus' 40 days in the wilderness. Which of the three temptations Jesus experienced would be the hardest for you?
5. In your fasting, be mindful to guard against pride by calling attention to your physical sacrifice to those around you. What are some ways to divert your attention from this temptation?

## TAKE ACTION

1. Lent was created to help us worship and prepare our hearts. Thank God specifically for His provision and gift of freedom by praising and worshiping His name as you fast throughout Lent.
2. Consider donating to and/or volunteering at your local food bank as you navigate through this time of denying yourself food so you can be a blessing to others who suffer from hunger and food insecurity.
3. Boldly and joyfully invite others to join in this Lenten series culminating in Easter services to share in the celebration of our RISEN LORD!

## RESOURCES

1. Check out the [RightNow Media](#) video "What Does It Mean to Fast?" with Pastor Steven Chin.
2. This video of Dr. Tony Evans addresses in depth "The Importance of Fasting" on [RightNow Media](#).
3. "3 Reasons to Observe Lent" is a great article by Matthew Lapine.