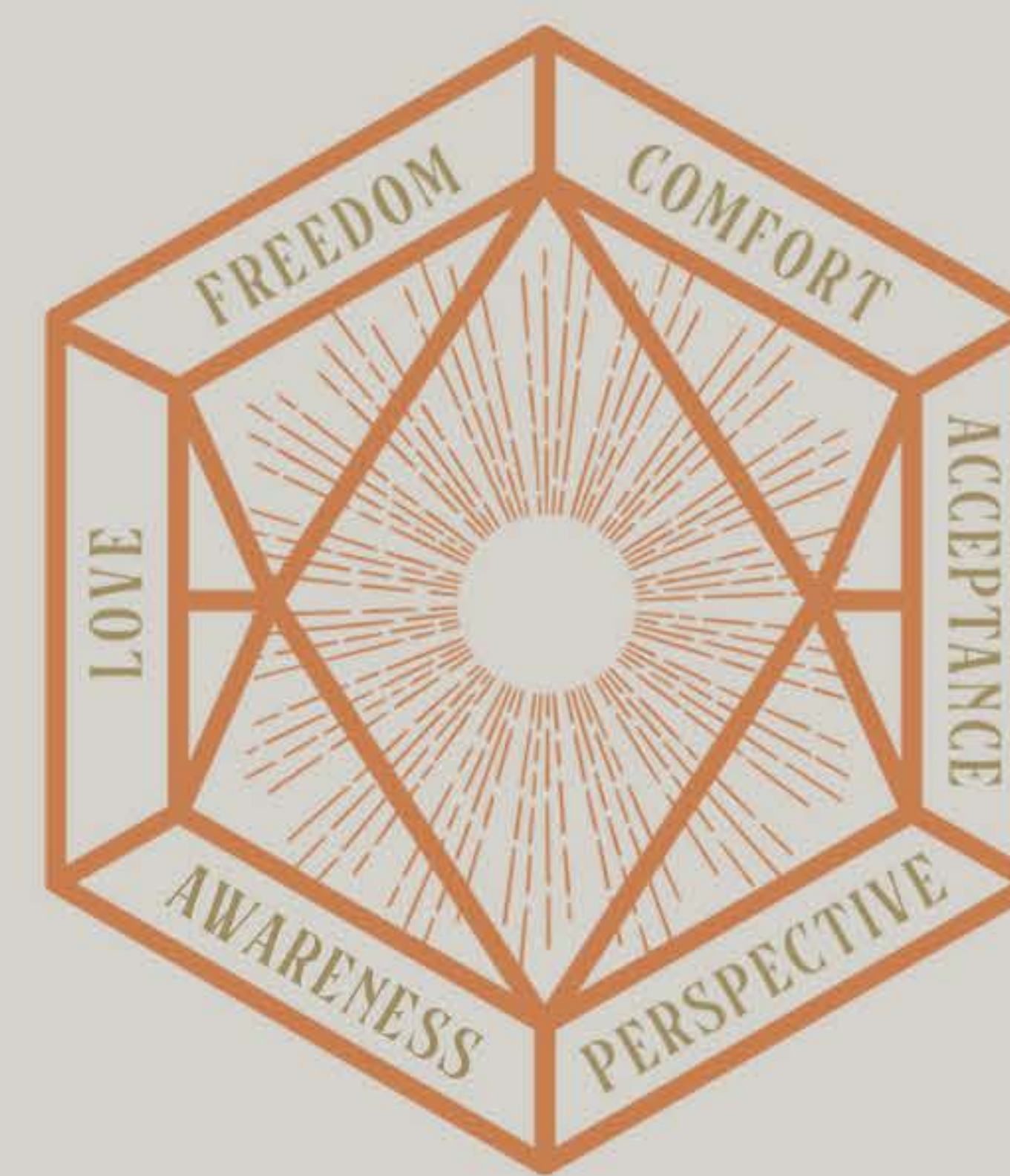


# the GIFT of LENT

WEEK 3 | MARCH 20

THE GIFT OF ACCEPTANCE



## INTRODUCTION

In the third week of our series *The Gift of Lent*, Pastor John discusses how to receive the gift of acceptance by fasting from social media and entertainment. We can be released from the unhealthy fight for approval when we go to Jesus, the source of who we are and who accepts us and loves us no matter what.

## DISCUSSION

1. Mentally calculate how much time a day you spend on social media or entertainment. Thinking back over the last two to three years, has this number increased, decreased, or stayed the same? How has this impacted your life?
2. Read and compare the stories of the transfiguration in **Matthew 17:1-13**, **Mark 9:2-13**, and **Luke 9:28-36**. If you were in Peter's position, would you try to do something? Why is it hard for us to experience Jesus without doing something for Him?
3. Read and compare the stories of the boy with the evil spirit in **Matthew 17:14-21**, **Mark 9:11-29**, and **Luke 9:37-43**. If you were in the disciples' shoes, would you struggle with feeling not good enough? How does Jesus encourage His disciples?
4. Which of the two statements Pastor John discussed is hardest for you - "I'm not doing enough" or "I'm not good enough"? Discuss how social media or entertainment affects the statement you chose.

## TAKE ACTION

1. Prayerfully consider how you can fast this week from social media and/or entertainment. Discuss your decision with someone who can check in on you and keep you accountable.
2. Try filling your time of social media/entertainment fasting with prayer, reading the Bible, discussing your faith with others in your life, or other ways of connecting with God.
3. Begin praying about who to invite to the upcoming Easter services at your campus.

## RESOURCES

1. [Say All the Unspoken Things](#) by John Sowers (check out chapter 16 on humbleness)
2. [Social Media Pressure](#), a short video on [RightNow Media](#)
3. [Identity and Social Media](#) on [RightNow Media](#)