

# LENT

## WEEK FIVE

### FAST

Fasting provides us the opportunity to step out of the patterns and habits that we've taken on over time. A fast reminds us of our dependence on God. A fast can help us create healthy way of life that lives into who God has called us to be.

CO-VID19 has turned our regular patterns of life upside down. In this "forced-fast" from many things in our life, think about how you can continue this Lenten journey to align your life with God at the center.

#### THIS WEEK...

- |   |                           |
|---|---------------------------|
| <input type="checkbox"/> Think of ways you can fast from... | and change it to...       |
| Hurting Words   | Kind Words                |
| Anger   | Patience                  |
| Worries   | Trust in God              |
| Words   | Silence & Listening       |
| Pessimism   | Hope                      |
| Complaining   | Gratitude for God's Gifts |

*"So may you forgive as you've been forgiven, may you give to others what's been given to you, may you set someone free and find out that it was you, and may you do it today, because you might not have the chance tomorrow."*

*Rob Bell*

### DISCUSSION QUESTIONS

Video: NOOMA Luggage 007 by Rob Bell

*It isn't always easy to forgive, and after awhile these hurts can get really heavy.*

*"You thought you were over it but now you're more into it than ever and the wound is reopened and it hurts more than ever, and then it becomes a day or a week or 10 years later and now it's become a part of you."*

How have your wounds shaped who you are today?

*"You can't shake it and can't leave it behind, so then eventually what happens is revenge becomes our only hope."*

Have you ever really gotten revenge?

If so, how did it make you feel afterwards?

If we take revenge when we get hurt, do you think it's like saying to God, "I think I can handle this better than you?"

*"The eyes of God are everywhere, so whatever was done to you, whatever wrong was done to any of us, God saw it, it was like God was right here."*

If God's right there when people get hurt,

why do you think he doesn't step in to stop it from happening?

Do you trust that God is ultimately going to take care of everything?

*"You know what, you don't understand. What they did to me was so horrible, I will never forgive them, I can't forgive them for what they did.' But what if God said that?"*

Why is God's forgiveness of us so crucial to our forgiveness of others?

*"Maybe forgiveness is ultimately about me and about you, it's about us. Because when I forgive somebody and I set them free, it's like I'm really setting myself free."*

Do you believe forgiveness is really more about the one forgiving than the one being forgiven? Does that view of forgiveness make it easier to forgive?

*"Forgiving is an action, it's something you do."*

Are there people you need to forgive?

If someone you need to forgive died before you make amends, what kind of regrets would you have?