



LENT WEEK THREE

FAST CHALLENGE

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 a 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... (PICK ONE)

- ☐ Take time to CONNECT to God's Word each day. Read your Bible each day. Start with the Psalms or pick one of the Gospels (Matthew, Mark, Luke, John) and pick a time each day to open your Bible.
- ☐ Take time to PRAY each day. Say the Lord's Prayer each day before you get out of bed or before you fall asleep. Pick a few people to pray for each day this week.
- ☐ Be God's PARTNER for goodness in this world. Call or text one person each day and check in with them. We're physically distanced from one another, but our social connections to each other are important.

Lord God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen.

DISCUSSION QUESTIONS

Video: NOOMA Trees 003 by Rob Bell

*Do our lives
really matter?*

"How is it that our world can be filled with such beauty and such order and such good, and yet at the same time filled with such heartache and such pain?"

How do you feel about the world?
Do you think the world is getting better or worse?

"God says, 'You can live how you want, or you can live how I created you to live.' It's almost as if God says, 'It's your choice.' It's still our choice."

What does it mean to live how God created you to live?
If we believe God's way of life is the best way to live, why is it so hard for us to do it?

"I need a God who's now. I need a God who teaches me how to live now. I need a faith that's about today, that helps be understand the work that I live in today."

Does your faith help you understand the world we live in?
Does it make your life easier or more difficult on a day-to-day basis?

"We live between the trees, in a world drenched in God. And some people seriously ask, you know, 'Where is God?' Maybe a better question would be, 'Where isn't God?' I mean, his fingerprints are all over our world. Or maybe it's his world and they're our fingerprints."

What are some places in the world where you see God?
Where have you seen goodness in the midst of the CO-VID19 pandemic?
Are you leaving some of your own fingerprints on the world? What are they?

"Followers of Jesus are people who are committed to partnering with God to make this world, the world that we live in, the kind of place that God originally intended it to be."

What does it mean to be partnering with God in making this world the kind of place he intended it to be?
Are you partnering with God?