

A JOURNEY THROUGH LENT

WEEK ZERO

Overview & Icebreaker *5-10 min*

Get started with a simple overview of the time together and do this icebreaker (ready, set, organize) together.

- Divide the group in half & organize your team so they are standing in 2 lines facing each other.
- Announce a category (e.g., first name).
- The team organizes themselves alphabetically by first names as quickly as possible.
- The winning team is the one that organizes themselves the quickest!
- Keep the game going for as many categories as you like.

Category suggestions: birthday (chronologically), birthplace (alphabetically or geographically), formal job title, favorite place to visit (alphabetically) and so on...

Video (access at bottom of page) & Discussion: What is Lent, Esau McCauley *25-35 min*

1. What did your church tradition teach you about Lent? What are your feelings about Lent?
2. Think of a time you felt the need to renew your spiritual life. How did you handle it?
3. Reflect on Mark 1:15. What does the Lenten theme of repentance presume about our relationship with God? Why is this good news?
4. What does Prof. McCauley identify as the three broad groups of people Lent is for? Which category do you fit into?

Our Hope for this Season of Lent *1-5 min*

Engage with one another and on a personal level as we participate in practices meant to make space to be with Jesus.

1. Church-Wide: Ash Wednesday Lenten Art Show, Sunday morning gatherings, Good Friday Service and Easter Sunday
2. Missional Communities: fellowship, time in Scripture, sermon discussion, and praying for one another.
3. Personal: Lenten Prayer & Bible Reading Guide, regular fasting of some sort and/or giving to those in need.

Calendar Overview & Adjustment for Group

Look over the MC calendar, make any necessary adjustments

Close in Prayer for the Lenten Season

Video Content: <https://www.udemy.com/course/a-journey-through-lent/>

Login: brent@redemptionchurchga.com PW: tuzzub-8qesvu-hicNym

Process: After logging in, click on "Go To Course" → choose "Section 1: Week 0" → Choose "Lesson 1: What is Lent"

A JOURNEY THROUGH LENT

WEEK ONE

Catch Up *10-15 min*

"Rose, Thorn, Bud": Do this in whatever way makes most sense for your group (around the table, in the living room, porch, formal, informal, it's up to you).. What's important is to make a space for meaningful connection.

Rose: something positive that happened this last week?

Thorn: something challenging that happened this week?

Bud: something you are looking forward to

Follow-Up *5 min*

1. Last week we discussed three traditional practices Christians have engaged throughout lent. Do you intend to engage any of those?
2. How do you plan to engage in spiritual practice without making a show of it this season?

Scripture & Discussion *15-35 min*

1. Very Briefly remind people where we are in the narrative (post last supper)
2. Read John 14:15-31 (individually or aloud.) Encourage people to jot down some key ideas from the passage.
3. Give the group a minute or so to review their notes and identify one or two parts of the passage that stood out to them.
4. Discuss
 - a. What do we see about who God is from this passage? (think character, attributes, etc...)
 - b. What do we see that God has done, is doing and will do from this passage? (feel free to spend a little time exploring this together - it typically brings good clarity to the remaining discussion)
 - c. Where do you find yourself in (or out of) step with the realities and teachings of Jesus here?
 - d. Read Galatians 5:25. How does the promise of the Holy Spirit encourage you? How do we seek to keep in step with the Holy Spirit this week?

Prayer: *5-10 min*

1. Take time to intentionally pray for one another (don't skimp on this part)

Quick Encouragement *1 min*

1. Encourage the group to continue participating in their intentional spiritual practice, prayer, and scripture reading

A JOURNEY THROUGH LENT

WEEK TWO

Catch Up *10-15 min*

"Rose, Thorn, Bud": Do this in whatever way makes most sense for your group (around the table, in the living room, porch, formal, informal, it's up to you).. What's important is to make a space for meaningful connection.

Rose: something positive that happened this last week?

Thorn: something challenging that happened this week?

Bud: something you are looking forward to

Follow-Up *5 min*

1. Regarding lent specifically, which practice(s) did you land on?
2. How is that going so far? (is it happening? Is it slogging? Can you see any immediate impact? What is your hope for it?)
3. Which of the passages and times of prayer (or other practices) impacted you this week?
4. How can we as a group encourage you to maintain commitment to that practice throughout lent?

Scripture & Discussion *15-35 min*

1. Very Briefly remind people where we are in the narrative
2. Read John 15:1-17 (individually or aloud.) Encourage people to jot down some key ideas from the passage.
3. Give the group a minute or so to review their notes and identify one or two parts of the passage that stood out to them.
4. Discuss
 - a. Read Galatians 5:22-23. Examine your own life, what actual fruit are you bearing or not bearing (love, hate, joy, anxiety, self control, out of control) ?
 - b. What does this tell you about what you are believing or where you are abiding?
 - c. What do we see that God has done, is doing and will do from this passage? (feel free to spend a little time exploring this together)
 - d. Read John 15:11. How will we abide in Christ this week?

Prayer: *5-10 min*

1. Take time to intentionally pray for one another (don't skimp on this part)

Quick Encouragement *1 min*

1. Encourage the group to continue participating in their intentional spiritual practice, prayer, and scripture reading

A JOURNEY THROUGH LENT

WEEK THREE

Catch Up *10-15 min*

"Rose, Thorn, Bud": Do this in whatever way makes most sense for your group (around the table, in the living room, porch, formal, informal, it's up to you).. What's important is to make a space for meaningful connection.

Rose: something positive that happened this last week?

Thorn: something challenging that happened this week?

Bud: something you are looking forward to

Follow-Up *5 min*

1. How is your personal lenten practices going so far? (is it happening? Is it slogging? Can you see any immediate impact? What is your hope for it?)
2. Which of the passages and times of prayer (or other practices) impacted you this week?

Scripture & Discussion *15-35 min*

1. Read John 15:18-16:15 (individually or aloud) Encourage people to jot down some key ideas from the passage.
2. Give the group a minute or so to review their notes and identify one or two parts of the passage that stood out to them.
3. Discuss
 - a. What do we see about who God is from this passage? (think character, attributes, etc...)
 - b. What do we see that God has done, is doing and will do from this passage? (feel free to spend a little time exploring this together - it typically brings good clarity to the remaining discussion)
 - c. Where do you find yourself in (or out of) step with the realities and teachings of Jesus here?
 - d. In light of this passage in John, how will we seek to keep in step with the Holy Spirit this week?

Prayer: *5-10 min*

1. Take time to intentionally pray for one another (don't skimp on this part)

Quick Encouragement *1 min*

1. Encourage the group to continue participating in their intentional spiritual practice, prayer, and scripture reading

A JOURNEY THROUGH LENT

WEEK FOUR

Catch Up *10-15 min*

"Rose, Thorn, Bud": Do this in whatever way makes most sense for your group (around the table, in the living room, porch, formal, informal, it's up to you).. What's important is to make a space for meaningful connection.

Rose: something positive that happened this last week?

Thorn: something challenging that happened this week?

Bud: something you are looking forward to

Follow-Up *5 min*

1. How are you feeling emotionally at this point in lent?
2. Which of the passages and times of prayer (or other practices) impacted you this week?

Scripture & Discussion *15-35 min*

1. Read John 16:16-33 (individually or aloud) Encourage people to jot down some key ideas from the passage.
2. Give the group a minute or so to review their notes and identify one or two parts of the passage that stood out to them.
3. Discuss
 - a. Consider the experience of the disciples? What do you think it would be like hearing and experiencing this preparation from Jesus?
 - b. What's your own experience or reaction as you read this passage today?
 - c. From this passage what do we learn about what God has done, is doing and will do? (feel free to spend a little time exploring this together - it typically brings good clarity to the remaining discussion)
 - d. What do we see about who God is from this passage? (think character, attributes, etc...)
 - e. How does this give you hope and courage to follow Jesus this week?

Prayer: *5-10 min*

1. Take time to intentionally pray for one another (don't skimp on this part)

Quick Encouragement *1 min*

1. Encourage the group to continue participating in their intentional spiritual practice, prayer, and scripture reading

A JOURNEY THROUGH LENT

WEEK FIVE

Catch Up *10-15 min*

"Rose, Thorn, Bud": Do this in whatever way makes most sense for your group (around the table, in the living room, porch, formal, informal, it's up to you).. What's important is to make a space for meaningful connection.

Rose: something positive that happened this last week?

Thorn: something challenging that happened this week?

Bud: something you are looking forward to

Follow-Up *5 min*

1. How is your personal lenten practices going so far? (is it happening? Is it slogging? Can you see any immediate impact? What is your hope for it?)
2. Which of the passages and times of prayer (or other practices) impacted you this week?

Scripture & Discussion *15-35 min*

1. Read John 17:1-26 (individually or aloud) Encourage people to jot down some key ideas from the passage.
2. Give the group a minute or so to review their notes and identify one or two parts of the passage that stood out to them.
3. Discuss
 - a. What do we see about who God is from this passage? (think character, attributes, etc...)
 - b. What do we see that God has done, is doing and will do from this passage? (feel free to spend a little time exploring this together - it typically brings good clarity to the remaining discussion)
 - c. What does this passage say about who you are?
 - d. How do we live in response to what we find in this passage?

Prayer: *5-10 min*

1. Take time to intentionally pray for one another (don't skimp on this part)

Quick Encouragement *1 min*

1. Encourage the group to continue participating in their intentional spiritual practice, prayer, and scripture reading

A JOURNEY THROUGH LENT

WEEK SIX

Catch Up *10-15 min*

"Rose, Thorn, Bud": Do this in whatever way makes most sense for your group (around the table, in the living room, porch, formal, informal, it's up to you).. What's important is to make a space for meaningful connection.

Rose: something positive that happened this last week?

Thorn: something challenging that happened this week?

Bud: something you are looking forward to

Follow-Up *5 min*

1. How is your personal lenten practices going so far? (is it happening? Is it slogging? Can you see any immediate impact? What is your hope for it?)
2. Which of the passages and times of prayer (or other practices) impacted you this week?

Scripture & Discussion *15-35 min*

1. Read John 18:1-27 (individually or aloud) Encourage people to jot down some key ideas from the passage.
2. Give the group a minute or so to review their notes and identify one or two parts of the passage that stood out to them.
3. Discuss
 - a. What do we see about who God is from this passage? (think character, attributes, etc...)
 - b. What do we see that God has done, is doing and will do from this passage? (feel free to spend a little time exploring this together - it typically brings good clarity to the remaining discussion)
 - c. What does this passage say about who you are?
 - d. How do we live in response to what we find in this passage?

Prayer: *5-10 min*

1. Take time to intentionally pray for one another (don't skimp on this part)

Quick Encouragement *1 min*

1. Encourage the group to continue participating in their intentional spiritual practice, prayer, and scripture reading

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HOLY WEEK

Catch Up *10-15 min*

"Rose, Thorn, Bud": Do this in whatever way makes most sense for your group (around the table, in the living room, porch, formal, informal, it's up to you).. What's important is to make a space for meaningful connection.

Rose: something positive that happened this last week?

Thorn: something challenging that happened this week?

Bud: something you are looking forward to

Follow-Up *5 min*

1. The lenten season is coming to a close, how have you grown throughout this season?

Scripture & Discussion *15-35 min*

1. Read John 18:28-19:16 (individually or aloud) Encourage people to jot down some key ideas from the passage.
2. Give the group a minute or so to review their notes and identify one or two parts of the passage that stood out to them.
3. Discuss
 - a. What do we see about who God is from this passage? (think character, attributes, etc...)
 - b. What do we see that God has done, is doing and will do from this passage? (feel free to spend a little time exploring this together - it typically brings good clarity to the remaining discussion)
 - c. What does this passage say about who you are?
 - d. How do we live in response to what we find in this passage?

Prayer: *5-10 min*

1. Take time to intentionally pray for one another (don't skimp on this part)

Quick Encouragement *1 min*

1. Invite people to participate in the Good Friday Service and celebrate Easter together.