

# JOURNEY THROUGH LENT

*Life Group Questions | Sunday, February 7, 2021*

What first comes to mind when you hear the word “Lent”?

Have you observed Lent before? If so, how would you describe your experience?

**Read Matthew 3:16-4:11.**

What most captures your attention in this story? Why do you think the Holy Spirit led Jesus into the desert?

The word “devil” can also be translated “accuser.” The Accuser preys on our vulnerabilities, trying to steal our identity as God’s Beloved. Discuss the following vulnerabilities. Are there one or two that resonate more with you?

- Insecurity
- Perfectionism
- Unresolved guilt
- Feelings of unworthiness or worthlessness
- Internalized criticism
- Discontentment
- Ambition
- Regret
- Wounds or trauma from our past
- Hopelessness for our future

**Read Romans 5:1-5.** The Journey Through Lent is all about this process of establishing out hope — our hope in God’s love that will not put us to shame. When we give something up during Lent, it is with the goal of deepening our roots in this hope.

What gets in the way of knowing deeply you are Loved? What do you turn to on the surface that keeps you from deepening your roots in the reality that you already are?

How might you practice Lent this year? Give something up for 40 days? Join in New Hope’s ***Journey Through Lent?*** ([newhopepdx.org/lent](http://newhopepdx.org/lent)). As a group, make a plan for supporting one another during this experience.

**Pray together.**