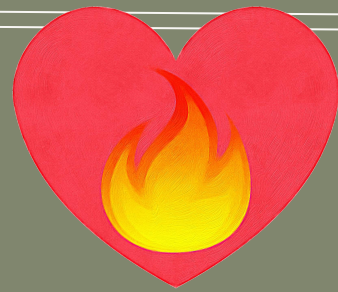


SEASON 14 — EPISODE 8



A Time of Renewal Lent Week 3: The Right Kind of Zeal

GROUP QUESTIONS

1. How do you need the Lord to love you this week?
2. Have you been feeling empty, angsty, or frustrated this Lent? How is the Lord inviting you into deeper freedom through this experience?
3. How can you suffer and fast with more joy?

JOURNAL QUESTIONS

1. What do you need to fill your tank for the long spiritual roadtrip of Lent?
2. What spiritual rest stops do I need to take to continue to go the distance with the Lord?
3. How am I letting my emotions drive the bus?
4. Do I treat my covenant with the Lord with the same respect as I show the covenants of marriage or religious life?

QUOTE TO PONDER

“The ancient name for Lent is “the season of the battle”, agonia, which was the Greek word for the final testing of the athlete or the warrior, and has become the term for the Agony in the Garden.”

— Mother Mary Francis P.C.C. *A Time of Renewal*. Kindle Edition. Page 143

LECTIO DIVINA

“His disciples recalled the words of Scripture, Zeal for your house will consume me.” — John 2:17