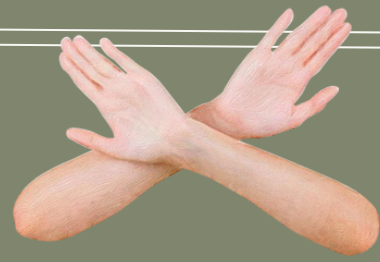


## SEASON 14 — EPISODE 6



# *A Time of Renewal Lent Week 1: True Self-Denial*

### GROUP QUESTIONS

1. Where are you hungry? Where are others in your life hungry?
2. Who in your life is the stranger you need to welcome?
3. Do you believe something wonderful can happen this Lent?
4. Where have you become resigned and hard of heart instead of tender and sensitive?

### JOURNAL QUESTIONS

1. Have I ever approached Lent with a sense of wonder?
2. How have I approached Lent with self hatred in the past?
3. What parts of myself are the stranger I need to welcome home and allow the Father to love?
4. How can I be more open to God as the Divine Interruptor?

### QUOTE TO PONDER

“The Church is a very vibrant Mother, and she shows us how happy she is about Lent. All through her liturgy there is this mood: something wonderful can happen. All of her prayers and directives are saying, ‘Please let it happen. Please allow it to happen.’”

— Mother Mary Francis P.C.C. *A Time of Renewal*. Kindle Edition. Page 37

“We are called to a glorious festival of love—to be spiritually dizzied with the fact that this is how much God has loved us. Surely we shall all look at the crucifix with a new vision, a deepened understanding that he really.”

— Mother Mary Francis P.C.C. *A Time of Renewal*. Kindle Edition. Page 37

### LECTIO DIVINA

“Is not this the fast that I chose: to loose the bonds of wickedness and to undo the thongs of the yoke, to let the oppressed go free and break every yoke?” — Isaiah 58:6