

SEASON 11 EP. 9

Lent: The Roots Of Sin

GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. How has your understanding of fasting changed since beginning this study?
3. What are the tendencies within yourself that you notice when you are fasting?
4. How has fasting allowed you to see areas of woundedness and experience God's healing this Lent?

LECTIO DIVINA

"I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses...and I will put my spirit within you." - Ezekiel 36:25, 27

JOURNAL QUESTIONS

1. As you enter into fasting—what has the Lord revealed that he still wants to heal? What's your Kraft Mac and Cheese?
2. "Behind every disordered desire is a good and holy desire, an unmet need, an unhealed wound, or a hidden pattern of sin." How have you seen this present in your life this Lent?
3. Pray with the image of God holding your face and seeing your wounds. What does he want to say to you in that moment?

QUOTE TO PONDER

"Jesus, may I hunger more deeply for you today. May my aches lead me to call out to you, so you can fill me." - Sister Miriam James Heidland