

Lent Scripture & Reflection Questions: Week 1

Read, ponder, and discuss in preparation for Sunday, February 18

Scripture Readings:

- Joel 2:12-13
- Hebrews 12:1-2
- John 12:44-47

Reflection Questions:

- How would you describe your understanding and experience of Lent over the years? Has it changed?
- What 3 words or phrases would you use to describe what it's like to "rend" or "cleanse" your heart?
- Where in my life am I falling short, feeling distracted, or turning away from God?
- As I think about the fact that God chose me, what new thing do I hope God might change in me?

Family Lent Link:

- Lent is the season when we prepare for Easter. One of the things that many Christians do during Lent is repent; to turn away, to begin again, to come to new knowledge. As a family, discuss one thing that each of you can repent of during Lent.
- As people of faith, we are called to search out the areas of our reality that need change. We search for space to become better human beings and even better members of creation. Some of us reflect and pray best when our hands are busy. Have each family member make a paper heart. As a family spend time discussing what is something you can work on during Lent. Write your responses in the hearts and hang them where you will see them on a daily basis.