

# BENDING OUR HEARTS | WEEK #01

I Hate that Word | February 18<sup>th</sup>

## WHAT'S THE ISSUE ANYWAY?

Have you ever experienced the phenomenon of the \_\_\_\_\_?

In the new normal, chaos becomes comfortable, until we meet the next \_\_\_\_\_.

Without Lent we get spiritually \_\_\_\_\_.

## WHAT WISDOM DOES SCRIPTURE OFFER US?

What is the \_\_\_\_\_ season?

Lent is a season of focused \_\_\_\_\_.

*Bend my heart toward your instructions and not toward selfish gain. Turn my eyes away from worthless things; with your ways, give me life. Psalm 119:36-37*

During Lent, we will contemplate the power of the \_\_\_\_\_.

The wind of \_\_\_\_\_ can break the soul.

\_\_\_\_\_ is the spiritually healthy response to the \_\_\_\_\_ of our conscious.

Jesus believed repentance was essential to live under the \_\_\_\_\_ of \_\_\_\_\_. (Mark 1:14-15)

Healthy repentance is the decision to \_\_\_\_\_ take \_\_\_\_\_ for the pain of our actions regardless of our \_\_\_\_\_.

## DON'T MISS THIS WEEKLY LENTEN PRAYER!

Bend my heart towards \_\_\_\_\_ so guilt does not \_\_\_\_\_ me.

## HOW CAN I LIVE THIS IN MY EVERYDAY, NORMAL LIFE?

Where can repentance bring \_\_\_\_\_ in my life?

*"Do the best you can until you know better, then when you know better, do better." -Maya Angelou*

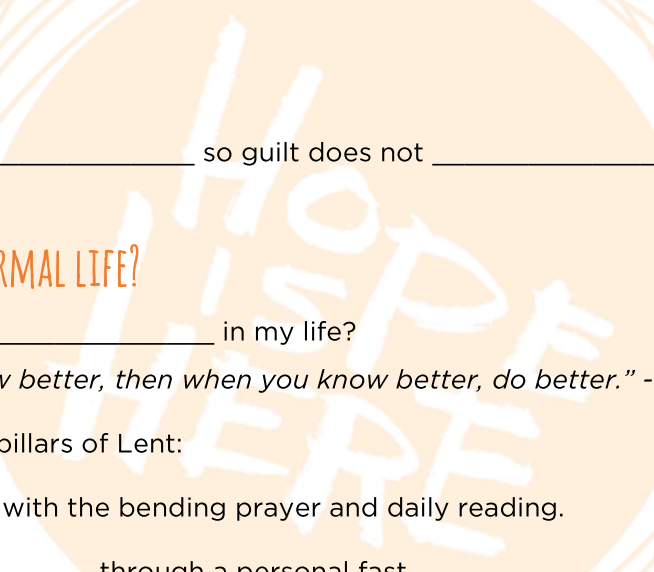
\_\_\_\_\_ in the three pillars of Lent:

\_\_\_\_\_ daily with the bending prayer and daily reading.

\_\_\_\_\_ through a personal fast.

\_\_\_\_\_ through intentional giving.

\_\_\_\_\_ the anchor verse for this Lenten season.



## HOW DOES THIS MAKE ME A BETTER PERSON AND THE WORLD A BETTER PLACE?

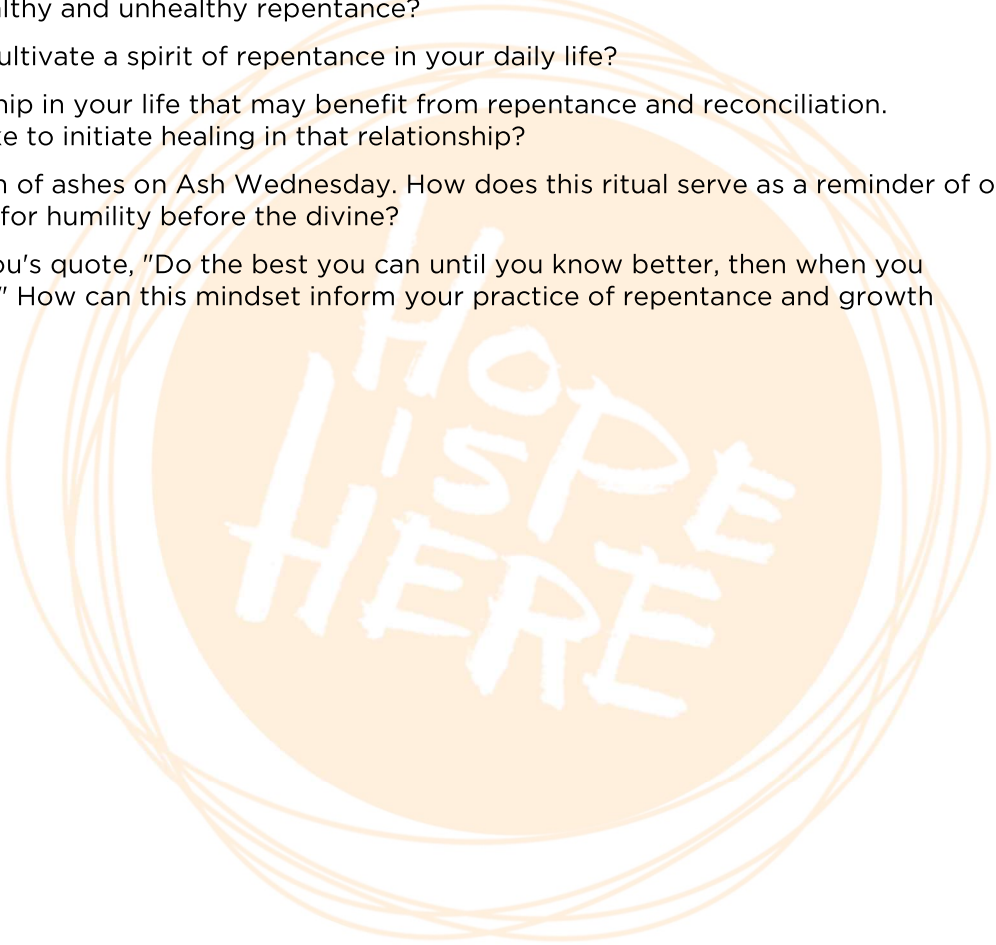
In lent we can discover the power of a \_\_\_\_\_ life.

## WHAT IS GOD INVITING YOU INTO TODAY?

1. Internalize the Anchor Verse over the next 40 days.
2. Pray the bending prayer every day this week.
3. Make a commitment to fast and give in a personal way that makes the lent season a season of contemplation and action.
4. Sign me up for the daily readings.

## THOUGHT PROVOKING QUESTIONS:

1. Reflect on a time when you experienced a significant life change. How did you initially handle the chaos, and how did it eventually become your "new normal"?
2. How has participating in the Lenten season impacted your spiritual life in the past?
3. Consider the concept of repentance as discussed in the sermon. How do you understand the difference between healthy and unhealthy repentance?
4. How can you actively cultivate a spirit of repentance in your daily life?
5. Think about a relationship in your life that may benefit from repentance and reconciliation. What steps can you take to initiate healing in that relationship?
6. Consider the symbolism of ashes on Ash Wednesday. How does this ritual serve as a reminder of our mortality and the need for humility before the divine?
7. Reflect on Maya Angelou's quote, "Do the best you can until you know better, then when you know better, do better." How can this mindset inform your practice of repentance and growth throughout Lent?



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