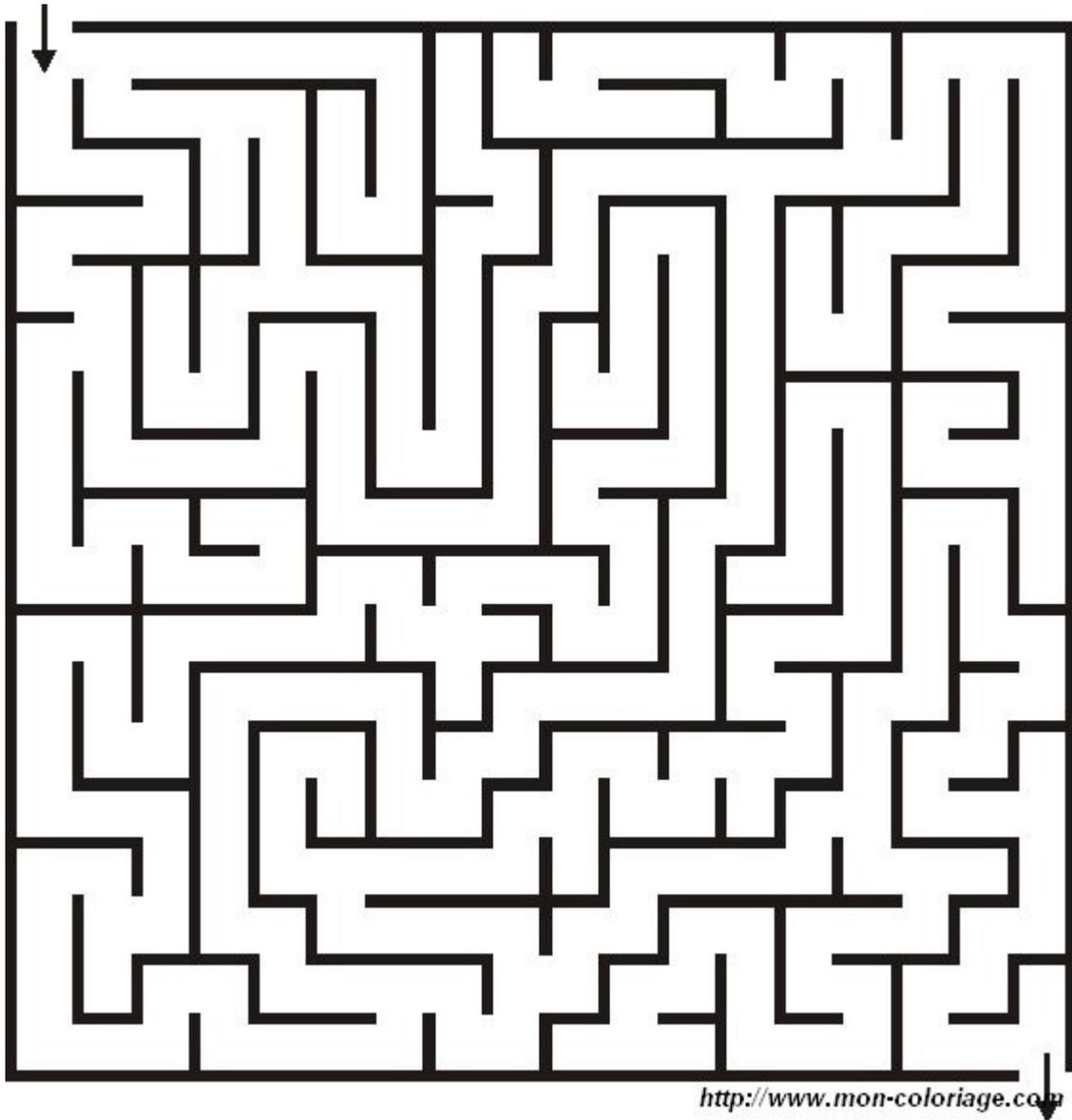


Lent 2016
The Road to Letting Go



While on the Road to Letting Go, we will reflect on a series of words. Each page in this packet, focus on one of these words. The exercises are meant to be simple and can be done in one day or over the course of the week.

The season of Lent offers us an intentional six week period of time to consider how we might more faithfully follow the way of Jesus in our lives. Let us open ourselves up to this way by reflecting on these simple words together.

Give

What does this word mean to you?

Why is giving a stop on the Road to Letting Go? Is there something you need to give away, give up or give into?



Talk to someone about the word "give" today.

What is the relationship between giving and receiving in your life?

Do you do one more than the other?

What do you think about that?

Write one thing you remember from the sermon.

What did it have to do with giving?

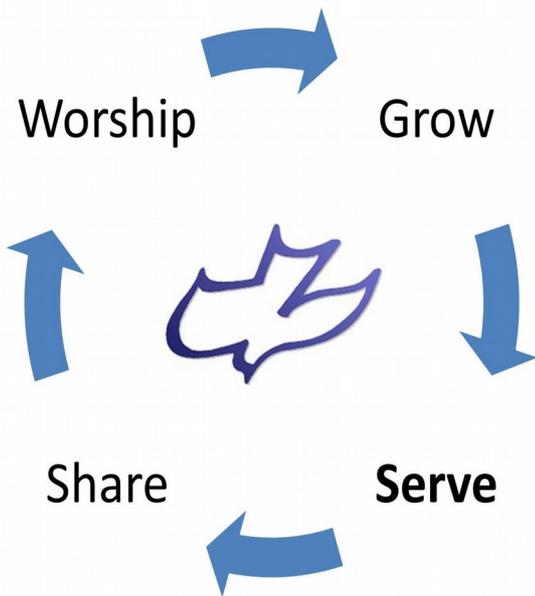
Jesus said, "How hard will it be for those who have wealth to enter the kingdom of God."

What does that mean for us who live in the wealthiest nation in the world? ?

Pick one:

- ♦ Give someone a call today.
- ♦ Give someone a hug today.
- ♦ Give someone a break today.
- ♦ Give someone your attention today.

Look for the word "give" around you today. Take a picture and post it on social media with an explanation.



Serve

What does this word mean to you?

In the same way that giving up or in or away is part of the Road to letting go, giving of ourself in service is yet another stop. How do you give of yourself in service?

Talk to someone about the word "serve" today.

Look at the illustration above of the movement of the spirit in our lives.

How does your worship grow your spiritual life?

And how does our spiritual growth cause you to serve?

And how does serving make you want to share?

And then does sharing your spiritual experience change how you worship?

Write one thing you remember from the sermon.

What did it have to do with serving?

Jesus said, "Whoever wants to be great must become a servant, and whoever wishes to be first must be slave of all."

- Who do you serve?
- Who serves you?

Look for the word "serve" around you today. Take a picture and post it on social media with an explanation.

Write a conversation that you had today. Read it to yourself a few times and see if you hear something different than when it first happened.

Listen

What does this word mean to you?

Stop this week and listen for the voice of God guiding you along this road to letting go.

What is God "saying" to you?

After Jesus' parables, he always added, "the one who has ears, let him or her hear." What does that mean to you?

Instead of talking to someone about listening. Listen to someone today.

Look for the word "listen" around you today. Take a picture and post it on social media with an explanation.

**The word
LISTEN
contains
the same letters
as the word
SILENT.**

Write one thing you remember from the sermon.

What did it have to do with listening?

Jesus said we are to love our neighbor as ourself. Are you good at loving yourself? Can you see how the way you love yourself is reflected in how you love others? Write a little bit about that.

Love

What does this word mean to you?

Sometimes the best way to let go is to reach for where we see love in another thing. Where is love? Can you risk reaching for it?

Call someone you love and tell them you love them.

What does it mean that God is love?

Write one thing you remember from the sermon.

What did it have to do with love?

Look for the word "love" around you today. Take a picture and post it on social media with an explanation.

Watch this week – what do you see in your surroundings? What is catching your eye? Why do you think you're noticing these things?

Watch

What does this word mean to you?

Jesus' journey to the cross was watchful and strategic. He knew what was important to him, what he was willing to let go of in order for love to be revealed. Be watchful.

Watch something with someone else and then talk about what you saw.

Have you seen evidence of God as you have watched this week?

Watch the sunrise or sunset this week.

Write one thing you remember from the sermon.

What did it have to do with watching?

Look for the word "watch" around you today. Take a picture and post it on social media with an explanation.

What have you **welcomed** into your life?

Holy Week
Write a little bit about your road to letting go. What has happened in your spiritual life in the past five weeks?

Where have you seen **love** enacted?

Where are you being called to **serve**?

When have you **listened**?
What have you "heard" during Lent? From God, from others, from yourself?

What is the balance of **giving** and receiving that you are learning on this road to letting go?

When you were watchful during Lent, what did you see?