

# A Word For Life

## Talk Sheet

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# The Season of Lent

### Introduction:

Lent is known as a time where people give something up for a period of time, but why? What about Lent is so important and should every Christian celebrate it? Lent is a time to remember Biblical times when people did without for a period of time and then received a message from God, but most importantly, the time Jesus spend fasting and praying in the desert.

### Talk Points:

- Lent is a special period of \_\_\_\_\_, fasting and prayer.
- The season of Lent lasts \_\_\_\_\_ days to represent the amount of time Jesus spent in the desert after His baptism, where He fasted and prepared for His ministry.
- \_\_\_\_\_ draws you closer to God.
- The intent of a fast from something is to draw closer to \_\_\_\_\_, and to \_\_\_\_\_ your heart for the celebration of Easter.

### Things To Ponder:

- Lent was originally called the ‘season of purification and enlightenment’ with the goal of drawing closer to God.
- During Jesus’ 40-day fasting period in the desert, He drew near to God, stood against Satan’s temptations, and spent the time preparing Himself for the works God ordained Him to do.
- Christians who observe Lent correctly anticipate deeper intimacy with the Lord, which is the blessing in itself; they do not expect rewards such as circumstances changing or the resolution of health concerns or lose weight...although many Christians have reported that, following Lent, they experience freedom from long-standing issues.
- Lent can help establish a stronger sense of one’s need of God minute by minute and to develop a more disciplined, intimate, and authentic prayer life.

### Apply What You Heard:

How will you celebrate Lent this year? Will you fast? If so, from what? And why?

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### Reflect:

*When you practice some appetite-denying discipline to better concentrate on God, don't make a production out of it. It might turn you into a small-time celebrity, but it won't make you a saint. If you 'go into training' inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn't require attention-getting devices. He won't overlook what you are doing; he'll reward you well.*