

# Giving up something for Lent?

**Reading: Luke 9: 18-25.**

What is the link between the three traditional events of the last week?

- When you love someone, you are prepared to make sacrifices for them. (**Valentine's Day** reminds us of that).
- Putting God first sometimes means saying 'no' to other things. (**Lent** reminds us of that).
- Jesus gave up everything for us & we give our lives to him. (**Ash Wednesday** crosses remind us of that)
- It does not matter whether, or not, we give anything up for Lent. But it is a good time to look at our lives & think of the things we should say 'no' to, for Jesus. To dedicate our lives more to Him. To think about the price He paid to bring us back to God.
- Lent reminds us it is sometimes good to give something up, in order to get something better!

## **Applying the scripture:**

1. Are you giving up anything for Lent? If so, why this thing?
2. Give any example of where you have ever benefitted from giving something up.
3. What does v23 mean? Give examples of how this teaching does (or should) impact on your life? What makes it hardest to do this?
4. How would you explain the meaning of v24 to a non-Christian? [This may help us understand its meaning better, as we 'unpackage' its meaning to communicate it to another person.]
5. Is there any particular thing that God is calling you to say 'no' to in your life? Something which, by denying it, will actually improve your relationship with God & with others? If it is suitable to share – do so. [*Let this lead into the Works/Witness section. In this time, allow quiet time to be open with God and ask for his help, as well as allowing ministry time if anyone has raised a particular issue for which they need prayer-support.*]