

Confidence | 26 February 2023 | 1st Sunday in Lent online

Lent practices or marking Lent

- Do you practice Lent?
- Why or why not?
- What has been your experience with practicing Lent?

Key days for the Lenten season

- Shrove Tuesday
- Ash Wednesday
- Palm Sunday
- Maundy Thursday
- Good Friday
- Holy or Silent Saturday
- Easter Sunday

Practices for Lent

- Giving up something
- Adding something
 - Do one act of **kindness** every day.
 - Make a Lenten **gratitude** journal.
 - Pick one of your **strengths** and find a way to use it every day.
 - **Contact** a friend or loved one every day.
 - Do some form of **exercise** every day.
 - Make sure you get enough **sleep** every night.
 - Eat veggies – eat **healthy** every day.

Why is **realignment** so important in our lives?

- How does Sunday – LIFEGroup – Lent help us in this?

Over the 40 days [6 weeks] of Lent, we will reflect on 6 key ways we can grow in confidence:

1. Confidence through **being convinced**
2. Confidence through **community**
3. Confidence through **compassion**
4. Confidence through **consistency**
5. Confidence through **competence**
6. Confidence through **courage**

In **Matthew 6:19-21** Jesus said

*Do not store up for yourselves treasures on earth,
where moths and vermin destroy,
and where thieves break in and steal.
But store up for yourselves treasures in heaven,
where moths and vermin do not destroy,
and where thieves do not break in and steal.
For where your treasure is,
there your heart will be also.*

Peter Hammelman, son-in-law of Bob Dylan, sang
All these impermanent things | Well they're trying
to convince me | Baptize my soul and rinse me |
Purge my mind of honesty and fire | All these
impermanent things | Well they all add up to zero
| They make-believe that they're my hero | Then
they fill my mind with doubt and false desires |
Why keep hanging on | To things that never stay |
Things that just keep stringin' us along | From day
to day

Where our treasure is our hearts will be also.

So why do we get obsessed with impermanent things?

In the clip from **Bruce Almighty**

- did you notice how different you felt when Bruce prayed his "Miss America" prayer,
- and then when he prayed from his heart?

Even though all of the bad things that Bruce has experienced is his own fault, when he finally surrenders & opens his heart to God, Bruce does not experience condemnation from God.

Why do we sometimes get stuck thinking that God the Father is like a rigid judge?

In contrast, Jesus said in **John 14:9**,

If you have seen Me, you have seen The Father.

- God doesn't ask Bruce or you to do hard time in spiritual jail.
- God doesn't require a pound of flesh for all your mistakes.