SEASON 11 EP.8

Lent: Freedom Of Heart

GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. Can you recognize any disordered desires or loves in your day to day life that become more right-ordered through fasting? Is there something you could never imagine giving up for the Lord?
3. When it comes to fasting during Lent—do you see God as a slave driver with high expectations, hoops to jump though, and demands upon you, or as a lover worthy of your sacrifices?
4. How can this small group help one another in the area of fasting through accountability?

LECTIO DIVINA

"It is well that we are here." - Mark 9:5

JOURNAL QUESTIONS

1. What do you hunger and thirst for? Do you allow the Lord to satisfy your desires? How do you dull your desires, choosing comfort or convenience first?
2. What lies—"God won't satisfy. God cannot provide the comfort I desire. I have to do it for myself because God won't provide."—are you tempted to believe when you choose fasting?
3. Instead of allowing shame and condemnation about the things you crave, how can you feel your desires as a sign to come closer to Jesus?

QUOTE TO PONDER

"Penitential fasting is obviously something very different from a therapeutic diet, but in its own way it can be considered therapy for the soul. In fact, practiced as a sign of conversion, it helps one in the interior effort of listening to God." - St John Paul II