



The traditional purpose of Lent is the preparation of the believer through prayer, penance, repentance of sins, almsgiving, atonement and self-denial. A period of 40 days representing the 40 days Jesus spent in the wilderness being tempted of Satan, while emptying himself to prepare for His earthly ministry.

As we move through these 40 days of Lent, we will look at what we might give up for Lent, in keeping with the example of Jesus. It is my heartfelt prayer, that as we make these discoveries, that we would not just give them up for Lent, but we would give them up for Christ.

Week 1. **Control**

“Anxiety, panic attacks, depression are not signs of weakness, they are signs of having tried being strong for too long.”

Matthew 6:25-27

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life[a]?”

²⁸ *“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.*

²⁹ *Yet I tell you that not even Solomon in all his splendor was dressed like one of these.*

a. Describe in your own words what Matthew 6:25-27 say to you? Why does He say not to worry?

b. Why do you think Jesus uses the comparison of the birds and flowers to us?

Romans 8:6

The mind of the sinful man is death, but the mind controlled by the Spirit is life and peace.

a. Describe in your own words what this verse is saying to you?

b. Why does Paul speak of the mind?

Genesis 12:17

But the Lord inflicted serious diseases on Pharaoh and his household because of Abram's wife Sarai.

Read Genesis 12:11-13

a. Based on the reading, did Pharaoh do anything wrong?

b. Why did The Lord inflict Pharaoh?