

WEEK ONE | MARCH 20-25

Overwhelming Love

We begin this season of preparation for Easter by reflecting on the forgiveness offered to us through Jesus Christ and by reflecting on the appropriate response to his love. As you read each of these passages, sincerely reflect on the debt incurred by your sins, and the gracious work of God to forgive you fully.

This week, we suggest that you fast from social media. We chose this particular fast because of the way social media can take up so much of our time unbeknownst to us. Left unchecked, it can become a numbing agent or a replacement for communion with God. When you feel the urge to open up a social media app or website this week, take the opportunity to create room to meet with God instead.

MARCH 20

- Why was this “woman of the city” so deeply devoted to Jesus?
- How truly do you believe that your sins have been fully forgiven?

MARCH 21

- As you think about the grace you’ve been given through Christ, how should that change the way you think about your sin struggles?
- Romans 6 declares for we who believe in Christ, that as Christ died for our sins, in some way we too also died. What in us died when Christ died?
- How should we live in light of the overwhelming love that God has for us?

MARCH 22

- How much time do you spend daily on social media?
- How much time do you spend daily in God’s Word?
- How would spending less time on social media in order to spend more time in God’s Word, better enable you to be transformed by the renewing of your mind?

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Overwhelming Love

MARCH 23

- How does the love of God influence your life choices?
- How does knowing that Christ died for you impact the way you serve others?

MARCH 24

- In what ways can social media tempt you to gratify the desires of the flesh listed in verses 19-21?
- How can fasting from social media help you walk by the Spirit and exhibit the fruit of the Spirit listed in verses 22-23?

MARCH 25

We invite you to take some time to reflect on what God has shown you this week! How have you seen his overwhelming love in your life? What benefit did you see by fasting from social media?

WEEK TWO | MARCH 27 - APRIL 1

Essential Sacrifice

The debt of sin that we owe is too great for us to pay. Jesus took the burden upon himself to make the payment on our behalf by giving his life on the cross. This week, reflect on the price paid by Jesus Christ to grant us forgiveness, and the sacrifices we must make to follow him faithfully.

We suggest that you fast from caffeine and sweets this week. This particular fast gives us an opportunity to intentionally lay down a simple pleasure and by it remember the one who laid down his life for us. Let this act of self-denial represent a willingness to deny yourself for Jesus' sake.

MARCH 27

- How would you answer the question that Jesus asked his disciples?
- What can you lay down or take up to more faithfully follow Jesus?

MARCH 28

- In what areas do you need to let go of your "gain" because it has distracted you from "the surpassing worth of knowing Christ Jesus"?
- How does viewing life as a race that has an end and a goal change how you view trials you are facing?

MARCH 29

- What's the difference between the questions "Who do others say that Jesus is?" and "Who do you say that Jesus is..."? Why is sacrifice essential to the salvation Christ provides according to Jesus in Luke 9?
- What does it mean that "you have died and your life is now hidden with Christ in God"?
- How does the reality of our union with Christ in his death and resurrection impact how the Christian lives day-to-day?

Essential Sacrifice

MARCH 30

- The value of the gospel compelled Paul to preach with all of his strength. This was his spiritual race, to do everything with excellence for the sake of the gospel and its proclamation. Think about preparing for your spiritual race in advance with the mindset to win! What do you need to do or stop doing now in order to prepare yourself to win?
- What spiritual disciplines do you need to incorporate into your life in order to gain the self-control needed to train effectively?
- How does knowing that God's reward is eternal change the way you view the race? How you train?

MARCH 31

- What are some obstacles that keep you from running the race God has put before you?
- What sin struggles has God made you aware of that are hindering you?
- How can we be better at accepting the Lord's discipline knowing that it is leading us toward holiness?

APRIL 1

We invite you to take some time to reflect on what God has shown you this week! How does knowing Christ's sacrifice was not only sufficient, but essential change your worship? What benefit did you see by fasting from caffeine & sweets?

WEEK THREE | APRIL 3 - 9

Recognizing Messiah

As we begin Holy Week, immerse yourself in the greatest story ever told. The Son of God took on flesh, and for our sake he was crucified under Pontius Pilate, he suffered, died, and was buried. On the third day, he rose again in fulfillment of the Scriptures, ultimately rescuing us from sin and its consequences.

This final week, we suggest that you fast from TV and movies. We chose this particular fast to complete our preparation for Easter Sunday because the stories we watch so often represent the craving we have for redemption, for rescue, for love to win over hate, and for good to triumph over evil. As you unplug and turn away from your screens, pursue a deeper understanding and appreciation for what God has done in Jesus Christ.

APRIL 3

- What do you most appreciate about Jesus' words and actions in this story?
- How would you describe Jesus' mindset as he began to enter the last week of his life?

APRIL 4

- How did Jesus make space for His disciples to be present during a difficult moment in His life?
- How might fasting from TV and movies help you to be more present in your relationships with others?
- In what ways might fasting from TV and movies help you to deepen your relationship with God and remember the sacrifice that Jesus made for us?

WEEK THREE | APRIL 3 - 9

Recognizing Messiah

APRIL 5

- What does Jesus' example of petition and response to trials teach you about how you can communicate with God during trials?
- In what ways can you change how you pray to imitate Jesus' example rather than that of the disciples?
- How has fasting each week helped you place your focus on Jesus more fully?

APRIL 6

- Herod and the soldiers mocked Jesus and treated him with contempt. But how did the thief on the cross, the centurion, and Joseph of Arimathea respond to Jesus, the Messiah?
- What are the final words of Christ from the cross as recorded in verses 34, 43, and 46? What stands out to you about his words?
- The women remained with Jesus until the end while his disciples scattered. We read in verse 55 that the women saw where his tomb was and then returned home in order to prepare spices with the intent to return and anoint Christ's body after the Sabbath. As we remember Christ's sacrifice for us on Good Friday, what are ways we could fast from entertainment in order to prepare our hearts for resurrection Sunday?

We invite you to take some time to reflect on what God has shown you these past three weeks through the daily readings and weekly fasts. Join us on Good Friday & Easter Sunday!