

# THE WAY OF JESUS

Stony Plain Alliance Church  
Lent Guide 2021

Lent is the period of time from Ash Wednesday to Easter, where in the Christian tradition we focus on preparing our hearts to celebrate Christ's death and resurrection. After His baptism, Jesus withdrew into the desert, for 40 days, to meet with God, by fasting and praying. Each year, we set aside these 40 days of Lent to follow Jesus' example of having a special time of connecting with God.

During these months of Covid restrictions, where we have all experienced so many losses, we have decided that this year, rather than fasting in more typical ways, we will suggest each week, an area or attitude to release to God, and something to embrace instead.

We invite everyone (young and old, singles and families) to participate. You might choose to engage with just one part, or with all of the guide, so that TOGETHER we will journey towards Easter as a church family. We are all apprentices who are practicing the way of Jesus together, by being with Him, becoming like Him and doing what He does. Each week this guide offers suggestions in each of these key areas:

1. Key Verse - on the theme of the week
2. Be with Jesus - suggests a practice to help you be with Jesus, and to hear from the Holy Spirit.
3. Become like Jesus - suggests what you can release to God, and what you can embrace instead. (Remember that the Holy Spirit's power - not your own - transforms you more and more into the likeness of Jesus. We have a choice to participate with God's work in our lives.)
4. Do What Jesus Does - suggests an action you can take this week.
5. Reflection Questions - provide thoughts and ideas to be thinking about for the week.
6. Going Deeper - provides extra Scripture verses on the topic which you can read one each day or all at once
7. Discussion Question – a question to discuss with family, friends and/or on social media

This guide is meant to serve you (not overwhelm you) by providing ideas and possibilities, within a theme, for each week. Let's "practice the way of Jesus together" as we journey through Lent as a church community, re-connecting with God and one another, on these themes.

## CONNECT TOGETHER

Join the Prayer Team in a virtual event on Sunday evenings at 7:00pm to discuss the guide for that week & pray together. Register online ([spaonline.com](http://spaonline.com)) under the "Prayer" tab to access the Zoom link.

Connection dates are: Feb 21, 28, Mar 7, 14, 21, 28.

# VISION

I HAVE COME THAT THEY MAY HAVE LIFE  
AND HAVE IT TO THE FULL. JOHN 10:10

Week One || February 17-20



## BE WITH JESUS

This week, we pray our vision together:

O God, with all our hearts we long for You.  
Come Jesus and bring fullness of life for  
everyone as we practice the way of Jesus  
together, learning to be with Jesus, become like  
Jesus and do the things that Jesus does.

## BECOME LIKE JESUS

### RELEASE:

Our expectations of what we think life should be  
like.

### EMBRACE:

The fullness of life God offers.

## DO WHAT JESUS DOES

Commit to being an apprentice of Jesus through  
these next 6 weeks of Lent. Consider whether  
you will engage with one, some, or all categories  
offered in the guide. Create a plan for how you  
will follow through and share that plan with  
someone.

## REFLECT

With the restrictions of Covid, many of  
us have experienced deep loneliness.  
We can meet God intimately in the  
midst of that loneliness.

How have you experienced God's love  
over these past weeks? If you haven't  
seen Him or experienced Him at work  
in your life, ask Him to reveal to you  
where His love has been showing up  
and you hadn't yet realized it.

## DISCUSS

How have you coped with the  
loneliness of lockdown and the  
ever changing expectations?

## GOING DEEPER SCRIPTURES

Isaiah 61:1-3, Psalm 118:13, John 1:14, John 1:16

# GRATITUDE

THE LORD IS MY SHEPHERD,  
I SHALL NOT WANT. PSALM 23:1

Week Two || February 21-2

## BE WITH JESUS

Each day  
list 3 things for which  
you are thankful.

## BECOME LIKE JESUS

**RELEASE:**  
Your desire to complain.

—◆◆◆—  
**EMBRACE:**  
Gratitude.

## REFLECT

Where have you allowed seeds of discontentment to steal away your joy? Where have negative roots taken hold? Confess the areas you have held onto inappropriately. Invite Jesus to work a transformation.

## DO WHAT JESUS DOES

Speak out thankfulness in front of your children, family, friends, co-workers and/or fellow students.

## DISCUSS

What are you giving thanks for this week?



## GOING DEEPER SCRIPTURES

Psalm 103:2, James 1:17, Hebrews 13:5,  
Psalm 28:7, 1 Thessalonians 5:18, Psalm 118:24

# PEACE

FOR GOD HAS SAID, "I WILL NEVER FAIL YOU.  
I WILL NEVER ABANDON YOU." HEBREWS 13:5

Week Three || February 28- March 6



## BECOME LIKE JESUS

### RELEASE:

Your tendency to worry.

### EMBRACE:

Peace.

## BE WITH JESUS

Take time to write down the things that you are worrying about. It helps to get them outside of your head.

Talk to Jesus about these things.

## DO WHAT JESUS DOES

Live in such a way that you become an agent of God's peace in the world, bringing calmness, not more tension and worry, into each situation.

## DISCUSS

What situation are you entrusting into God's care this week?

## REFLECT

Why do I worry about these things? Where has my thinking spiralled away from God? Ask the Holy Spirit to reveal to you what the root is behind your worry.

## GOING DEEPER SCRIPTURES

1 Peter 5:7, John 14:27, Romans 8:37, Philipians 4:6-7, Proverbs 16:7, Psalm 19:11

# TRUST

BE STILL AND KNOW  
THAT I AM GOD. PSALM 46:10

Week Four || March 7-13

## BE WITH JESUS

Each day practice 1 minute of silence.  
Bring an expectation that in the  
silence you will meet God.

## BECOME LIKE JESUS

### RELEASE:

Your tendency to fill your life with busyness.

### EMBRACE:

Trust.

## DO WHAT JESUS DOES

Plan how you will find the time for silence.  
Jesus had to be very intentional about seeking  
time to connect with His Father.

## GOING DEEPER SCRIPTURES

Proverbs 3:5-6, Psalm 145:18, Psalm 62:8,  
2 Corinthians 5:7, Joshua 1:9, Hebrews 13:8

## REFLECT

Where have you allowed busyness to steal away your time? Consider the ways that your busyness reveals a lack of trust in God (eg for how He might provide in the situation, or deal with the situation etc). Confess where your priorities have not lined up with God's intentions.

## DISCUSS

When and where is it best for you to take your silent time each day? We are all different, and our lives all have different challenges. There could be some interesting and helpful suggestions that come by sharing!



# WORSHIP

YOU SHALL HAVE NO OTHER  
GODS BEFORE ME. EXODUS 20:3

Week Five || March 14-20

## BE WITH JESUS

Each day sing a song  
to worship God.

(Note: There are many many ways to worship God. This week we focus on singing. But feel free to experiment with other aspects of worship!)

## BECOME LIKE JESUS

### RELEASE:

Idolatry.  
(See reflection questions.)

### EMBRACE:

Worship

## REFLECT

What area of your life are you tempted to give time/attention/money towards that takes Jesus out of first place in your life? This might include idols of distraction, or idols of escapism, work can become an idol, or how we maintain a home, items we purchase. Remember that even very very good things, if given the wrong level of importance, can become an idol to your heart.

## DO WHAT JESUS DOES

Utilize songs as prayers.  
Let others hear your songs.  
Share them.

## DISCUSS

What songs are you listening to this week to worship God?



## GOING DEEPER SCRIPTURES

Psalm 100:1-2, John 4:24, 1 Chronicles 17:20,  
Psalm 95:6, Isaiah 42:8, Revelation 4:8

# HOSPITALITY

LOVE YOUR NEIGHBOR  
AS YOURSELF. MARK 12:31

Week Six || March 21-27



## BE WITH JESUS

Ask Him to bring ideas to your mind  
about who you can connect  
with and how.

## DO WHAT JESUS DOES

Choose one thing to do this  
week, to show kindness to a  
neighbour or coworker.

## BECOME LIKE JESUS

**RELEASE:**

Apathy.

**EMBRACE:**

Hospitality.

## REFLECT

What is that holds you back from  
interacting with your neighbours? (eg  
excuses, selfishness, fear) Confess  
those things to God, and invite Him to  
stir your heart with His love for people.

## DISCUSS

What have you done in the past, or  
what have you heard about that  
others have done, that are  
possibilities for connecting with  
neighbours?

## GOING DEEPER SCRIPTURES

Philippians 4:13, Matthew 7:12, Philippians 2:4,  
1 John 4:7, Galatians 6:2, 1 Thessalonians 5:11

# JESUS AS LORD

HE IS BEFORE ALL THINGS, AND IN HIM  
ALL THINGS HOLD TOGETHER. COLOSSIANS 1:17

Week Seven || March 28- April 3

## BE WITH JESUS

Take time to remember this week the journey that Jesus took towards Jerusalem, His death on the cross, and His resurrection.

## BECOME LIKE JESUS

### RELEASE:

Control of your life.

### EMBRACE:

Jesus as Lord.

## DO WHAT JESUS DOES

Take Communion this week as an act of remembrance of all that He has done for you.

(We will have a Holy Week Guide coming out that will help with this.)

## DISCUSS

What are the traditions you have in your family that are a part of you remembering and celebrating Easter?

## REFLECT

What areas of your life are you trying to maintain with your own control, and under your own power? Confess if you are holding on to some things, release them to Jesus, and invite Him to be LORD of your life in those areas. The goal is that Jesus would be LORD over every single aspect of our lives.

## GOING DEEPER SCRIPTURES

Colossians 1:15-20, John 3:16, John 1:18,  
1 John 5:18, Philippians 2:8-11, John 14:6

