

The 40 Day Journey

Travel Light // Take New Ground

Luke 9:1-6

2019 Lenten Guide
Pantano Christian Church

mypantano.church/lent

Easter Services (April 21)
Sunday 7am, 9am, 11am and 1pm

Today is Ash Wednesday and the beginning of Lent and the 40 days before Easter. This is a powerful spiritual season to focus on the disciplines of fasting and prayer which Jesus and the apostles spoke about and practiced. This season helps prepare our hearts for Easter.

Traditionally the main practices and key aspects of Lent are prayer, fasting, alms giving and receiving ashes on Ash Wednesday. As we begin Lent, we'll challenge you to fast from something you've been dependent on. As we fast from these things we've relied on, we often become more aware of our need to depend on Jesus more. We'll help you identify those things which we've packed as we travel light that we might unpack them and leave them behind. These things can tempt us with a false basis of support, protection, comfort or what we wrongly consider will give us "real" life. We'll encourage you to "fast" from something that promises to provide what really only God can ultimately provide. Then use the extra time and energy to talk to and focus on Jesus the one who truly supplies what we need most.

In Luke 9:1-6 Jesus invited His disciples into a journey of traveling light to take new ground. He sent them out to "proclaim the Kingdom of God" - to push back darkness and to bring healing - but without any supplies. This Lent, we believe that God is inviting each of us to **travel light in order to take new ground**. As we leave behind some of the things that we've grown to rely on, and even feel necessary, we are trusting that God is going to take us to places we've never been before in our journey with Him. We are hoping that God is going to use us to push back darkness and bring healing too. Let's **travel light** as God leads us to **take new ground**.

Lent at Pantano Christian Church

Lent at Pantano is an opportunity to practice the key spiritual disciplines of **reflection, prayer and fasting** that help us focus on Jesus. Traditionally Lent is the 40 days (Sundays excluded) of fasting before Easter. We invite you to enter and practice the Lenten season in the following ways:

- Choose to **fast** from something that you are tempted to place your trust in for satisfaction, comfort or personal recognition. The focus of Lent 2019 is this: I will travel lighter as I trust Jesus to take new ground in my life. Fast from something that keeps you from trusting Jesus. Something you go to instead of Him. You can choose to fast from a meal or a certain kind of food or drink, social media, TV, gaming or anything that you rely on to bring joy or good to your life and distracts you from full dependence on God.
- Use the questions in this guide to help you **reflect** and identify your temptations and what you'll fast from. You might find it helpful to journal thoughts for each question.
- Use the extra time and energy you have when fasting to **pray** and give extra attention to God. Let him be your comfort, fill your hunger, be your hope and be the true God you worship. Journal any insights.
- Get in **God's Word**. During Lent we want to hear from God through his Word. As we create more space in our life we want to fill it with truth. There are many Bible reading plans through the app, or you can visit our website for more ideas!
- You have the option to receive **ashes** on your forehead or wrist at the end of the service. The following words will be said to you as you receive the ashes:

May these ashes remind you to travel light and take new ground.

Travel Light // Take New Ground

Jesus sent His disciples on a journey to proclaim the Kingdom in Luke 9:1-6. Their ability to proclaim the Kingdom was linked to their willingness to obey Jesus' instructions on what not to bring. Many times when God wants to lead us deeper and further in our journeys with Him, He asks us to let go first. It's in the trusting that we're able to see His provision and faithfulness. Trusting is not always easy. Letting things go is not always easy. Reflect on these questions the next 40 days. **Journaling** and writing out your thoughts may also be helpful to you in this process.

1. In Genesis 12:1-5 we see the beginning of Abraham's journey with God, who is one of the fathers of our faith. God called him to leave behind everything he ever knew at the age of 75 for a promise that probably felt pretty close to impossible. What are things that often hinder you from stepping out in faith and believing God's promises? Is it your age, your ethnicity, your ability, your financial situation, etc?
2. Read and reread Luke 9:1-6 several times. What is God saying to you? If Jesus were to give you a list of things not to bring into your time with Him what would they be? Are there specific habits, things, or thoughts that are constant companions in your life that you have grown dependent or co-dependent on?
3. Hebrews 10:23 (NIV) says "Let us hold unswervingly to the hope we profess, for He who promised is faithful." Scriptures tell us over and over that God is faithful and trustworthy. Is that easy or difficult for you to believe? Why do you think that is?
4. Jesus sent His disciples to take new ground, to "proclaim the Kingdom of God" which included casting out evil spirits and healing the sick (Luke 9:1-2). What are areas of darkness that God wants to address within you? And what are areas of darkness God wants to be the light through you? What are broken parts within you that God wants to heal? What are hurts in others that God wants to heal through you?