



# STEPS TO AN ABUNDANT LIFE

2022 LENT GUIDE



**ASH WEDNESDAY** is the beginning of Lent and the 40 days before Easter. This is a powerful spiritual season to refresh our hearts and habits to fall more in line with being a follower of Jesus. Just like plants, our roots can come tangled and knotted when our circumstances, habits, and lifestyle choices hinder our roots from spreading out and helping our lives to thrive. Psalm 1 tells us that the Word of God, when we meditate on it, allows us to be like a tree planted by fresh water, which will then produce fruit in season and prosper. In these 40 days leading up to the most significant event in human history, the resurrection of Jesus, we have an opportunity to evaluate the condition of our roots and anything that hinders our growth so that the fruit of our lives is delicious.

Traditionally, Lent's main practices and key aspects 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 or that has hindered your growth. As we fast from the things we've relied on, we often become more aware of our need to depend more on Jesus. 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 only God can ultimately offer. As you fast from your habits or activities, you are encouraged to use the extra time and energy to talk to and focus on Jesus, the one who truly supplies what we need most.





## ISAIAH 55:1-5

*Is anyone thirsty? Come and drink— even if you have no money! Come, take your choice of wine or milk— it's all free!*

*Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen to me, and you will eat what is good. You will enjoy the finest food.*

*Come to me with your ears wide open. Listen, and you will find life. I will make an everlasting covenant with you. I will give you all the unfailing love I promised to David.*

*See how I used him to display my power among the peoples. I made him a leader among the nations.*

*You also will command nations you do not know, and peoples unknown to you will come running to obey, because I, the Lord your God, the Holy One of Israel, have made you glorious.*

The prophet invites us to seek God, eat and drink what is provided by God because it is good, and listen so that we may live. In verses 6-7, he invites us to accomplish four things to experience what God has for us... Freedom.

## ISAIAH 55:6-7

*Seek the Lord while you can find him.  
Call on him now while he is near.*

*Let the wicked change their ways and  
banish the very thought of doing wrong.  
Let them turn to the Lord that he may  
have mercy on them. Yes, turn to our  
God, for he will forgive generously.*





**SEEK** Jesus

**CALL** on him

**CHANGE** our ways

**TURN** to the Lord for his  
mercy and forgiveness

Be like the tree that is planted by a stream of water, growing, yielding fruit, and prospering in all ways. (Psalm 1:3)  
The Roots of our lives can only provide life to our souls when they are untangled and able to drink the water from God's river. Lent is an invitation to pursue an abundant life.



**LENT AT PANTANO** is an opportunity to practice the key spiritual disciplines of **reflection, prayer, and fasting** that help us press deeper into 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 2022 is this: Steps to an abundant life. Fast from something that keeps you from fully trusting Jesus. Fast from something you go to instead of Him. Fast from something that will give you more time to focus on your relationship with God. You can choose to fast from a meal, a certain kind of food or drink, social media, TV, gaming, or anything that you rely on daily or is an important part of your regular routine.



- **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 you discover.
- **Get in God's Word.** During Lent, we want to hear from God through his Word. As we create more space in our lives, we want to fill it with truth. There are many Bible reading plans through the YouVersion Bible 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 seek the abundant life Jesus offers.*



