

## LENTEN QUESTIONS TO PRAYERFULLY CONSIDER

Questions you may find helpful to ponder this Lenten season (as you seek God's sustaining presence and restorative power in your life):

- What are the areas of my life which bring me shame and how can I invite God's love into those spaces?
- Am I moving forward on my discipleship journey learning and becoming more like Jesus? If not, what is stopping me from moving forward in my relationship with Christ?
- Am I prioritizing the things that will bring me healing and wholeness in my life?
- Am I paying attention to the relationships that come with my faith, with God and my neighbors?
- Am I relying on God to sustain and restore my life?
- Am I allowing God to "create in me a clean heart"?

I invite you to prayerfully consider one of these questions for Lent. Consider praying over the question(s) you choose tonight, tomorrow morning, or in the coming days as Lent begins. Next, journal about how you hear God speaking to you through the question you chose. Lastly, I encourage you to commit to one spiritual practice for the next 40 days which will allow God's Spirit to embrace you in steadfast love. If you don't find any of these questions helpful, then use them as a starting point to get to your own honest question the Spirit is leading you towards. May these questions bless you as you seek God's restorative grace this Lenten Season.