



## Lent 2013

Romans 8 encourages us as Christians to “put to death the misdeeds of the body,” and Galatians 5 exhorts us to “keep in step with the Spirit.” We might be a little daunted at the prospect of either, and we might not even be sure what these things mean. Sadly, life is often so busy that we can easily be swept away by its pressures without considering either.

This is where the season of Lent can be a helpful time for the strengthening of our faith. Beginning on *Ash Wednesday* (February 13<sup>th</sup>), Lent is traditionally a season associated with the word “discipline”, often encompassing a fast of one description or another – a mind-over-matter exercise in which people learn to control their physical urges rather than be ruled by them. With or without fasting, Lent is an ideal opportunity to dedicate time to considering our walk with Jesus; 40 days is a useful period for us to make an extra effort to “deny ourselves and follow Him” (Mark 8) and “seek first the Kingdom of God” (Matthew 6).

Lent is a time to reflect on the important things of life. That’s what Jesus was doing when he went alone into the desert for forty days and nights – preparing himself for the task God had set him. Of course none of us are called to save the world from sin as he was, but all of us are called by God to both a general vocation and a specific service.

Therefore, this Lent I would like to encourage you all to set aside time to study certain aspects of the Christian life with other members of the church family that we might better build up the body of Christ in this benefice.

This year there is a choice of study, and whilst all the subject matter is valuable for every Christian, the different topics are sure to appeal to people in different ways. The existing home groups which meet in the evenings will be hosting the various studies but the *invitation is open to everyone* to join one of these groups for the six weeks of Lent even if you've never been to a group like this before.

The studies all include a DVD presentation and discussion based around Bible teaching and the topics themselves. The topics, detailed more fully at the end of this leaflet, are:

- So Many Questions
- Where to, Lord?
- Six Steps to Talking About Jesus

If you would like to be a part of one of these study groups and so make Lent 2013 a special season of growth in your relationship with God and the church, please contact me so I can ensure that the course venues have sufficient room for all participants and order sufficient study booklets!

Yours in Christ Jesus,  
Mark

## **Lent 2013 Programme Details**

We start with Holy Communion at 8pm in St Francis Chapel, Hunsdon on Ash Wednesday (13<sup>th</sup> Feb), followed by six Wednesday meetings in small groups as detailed below.

### **So Many Questions**

Delta group and guests  
16, Wicklands Road, Hunsdon  
8pm start

*With religious matters regularly appearing in the media, it's no wonder that Christians often find themselves on the receiving end of questions about the life of faith. But how do we answer some of these questions? How many of us feel inadequate for the task?*

*In So Many Questions, you'll look at some of the most common questions and find out ways in which you might helpfully respond.*

### **Where to, Lord?**

Theta group and guests  
8, St Dunstan's Road  
8pm start

*Guidance can be one of the most frustrating issues for Christians. We know that Jesus has died, and that heaven lies in the*

future, but still remain unsure about everything in between. We have many questions about guidance, such as:

- *Am I missing out on God's personal guidance?*
- *How does God guide his people today?*
- *If God speaks, will I hear his voice?*
- *How do I know God's will for my life?*

*“Where to, Lord?” sheds light on what has always been a confusing area for Christians.*

## **Six Steps to Talking About Jesus**

Sigma group and guests

Rose Cottage, Widford

7:45pm for 8pm start

*Think of the people you meet each day: your family, your work mates, the man at the shop ... Is there a single one of them who doesn't need to be following Jesus?*

*All the same, many Christians feel uneasy about reaching out to those around us. We're unsure where to start and what to say, and more than a little afraid that we will make fools of ourselves.*

*Six Steps to Talking About Jesus begins from square one and helps you make a start.*