

03.08.2020 Gathering #779
series: **Meet My Needs**
sermon: **Unpolluted**

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Lent is a fast...

James 1:27 p. 847

“Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

and

guard

polluted

How?

Chadd Wright [@chadwright278]

LENT² AT EMMAUS

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Lent is a fast that prepares us for a feast. Each week, during this 40 day season leading to Easter, we'll embrace a specific fast. You're invited to join in. Each week's teaching will lay the foundation for a specific, week-long experience of recognizing true needs - both our own needs and the needs of others.

THIS WEEK'S FAST:

This week, embrace some kind of dietary fast. Refrain from eating meat or sugar. Or skip lunch and pray instead. Or eat nothing for a day, or two, or the whole week. Do you drink alcohol? Skip it this week. Determine some reasonable-yet-challenging adjustment to your diet and stick to it for six days. Why? To flex your will. To remember how to say "no" to your natural appetites. To embrace discomfort. And to remember what and Who you truly NEED.

THIS WEEK'S READINGS:

M: Psalm 128; Numbers 21:4-9; Hebrews 3:1-6
T: Psalm 128; Isaiah 65:17-25; Romans 4:6-13
W: Psalm 128; Ezekiel 36:22-32; John 7:53-8:11
Th: Psalm 95; Exodus 16:1-8; Colossians 1:15-23
F: Psalm 95; Exodus 16:9-21; Ephesians 2:11-22
S: Psalm 95; Exodus 16:27-35; John 4:1-6

THIS WEEK'S QUESTIONS:

- . Begin by reading the scripture readings for the day.
- . What idea from the sermon made you think or act?
- . What was the point of the AND?
- . Why is AND so difficult?
- . Which "part" of religion are you better at (see James 1:27)?
- . In what way(s) do you guard your heart/soul? In other words, what disciplines do you embrace in order to not become "polluted?"
- . What are you/will you fast this week? Or, what will you do to strengthen your will?

✂️.....
let's stay connected!

name:

email:

address: