

First Pres Small Group Bible Study Guide
The Lent Experience ~ Lent 2024

"The Lent Experience is designed to help a wide variety of people participate in the amazing season of the year that leads up to Easter. There are some of us who grew up observing Lent, but may not have ever really understood the meaning behind it. There are others of us who have no idea what Lent is or why we should even care. The Lent Experience was designed to bridge those two worlds."

*"It's simple. You watch a short video on Ash Wednesday that kicks the whole thing off. Then, each Sunday until Easter you will watch a short video that will give you your **Lent Experience** challenge for the week. The challenges are based on things that have been a part of Lent for centuries. Your participant journal is loaded with everything you need to learn more about Lent and to successfully complete each week's challenge."*

*~ Excerpts from The Lent Experience Participant Journal,
Revised & Expanded, ©2023 Eric Ferris.*

Over the next few weeks, we are encouraging First Pres congregants to learn more about the season of Lent and to experience it through Eric Ferris's **The Lent Experience**. There are videos on [RightNow Media](#) or [Youtube](#) to watch and a journal you can purchase on Amazon [here](#). [If you need help with RightNow Media, call Kendra @ 332-8809 or Megan @ 325-9419.] Below are some suggestions as to how you could talk about **The Lent Experience** in your small group Bible Study.

- Note: You may want to watch **The Lent Experience** trailer and Ash Wednesday videos individually before moving on to the first week's video and lesson as a group.
 - Don't forget to ask one another how each week's past experience was. Maybe use that as the icebreaker to begin each small group session.
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First Sunday of Lent (Fasting)

- Intro & Video
 - Tell about your past experiences of fasting.
 - Watch the video together.
 - What stood out to you from the video?
- Read **Isaiah 58:1-14**.
 - What do we learn about fasting from this chapter?
 - Read the passage again and ask the Lord to point out something you can meditate on all week.
 - Share what caught your attention from the passage.
- Make your plan.
 - When will you do this fasting experience this week and how.
 - Break into pairs and pray for one another.
 - Don't forget to encourage each other during the week!

Second Sunday of Lent (Solitude)

- Intro & Video
 - Tell about your past experiences of silence & solitude.
 - Watch the video together.
 - What stood out to you from the video?
- Read **Psalms 131**.
 - What do we learn about solitude from this chapter?
 - Read the passage again and ask the Lord to point out something you can meditate on all week.
 - Share what caught your attention from the passage.
- Make your plan.
 - When will you do this solitude experience this week and how.
 - Break into pairs and pray for one another.
 - Don't forget to encourage each other during the week!

Third Sunday of Lent (Repentance)

- Intro & Video
 - Tell about your past experiences of repentance.
 - Watch the video together.
 - What stood out to you from the video?
- Read **Joel 2:12-17**.
 - What do we learn about repentance from this chapter?
 - Read the passage again and ask the Lord to point out something you can meditate on all week.
 - Share what caught your attention from the passage.
- Make your plan.
 - When will you do this repentance experience this week and how.
 - Break into pairs and pray for one another.
 - Don't forget to encourage each other during the week!

Fourth Sunday of Lent (Almsgiving)

- Intro & Video
 - Tell about your past experiences of almsgiving.
 - Watch the video together.
 - What stood out to you from the video?
- Read **Proverbs 22:1-16**.
 - What do we learn about almsgiving from this chapter?
 - Read the passage again and ask the Lord to point out something you can meditate on all week.
 - Share what caught your attention from the passage.
- Make your plan.
 - When will you do this almsgiving experience this week and how.
 - Break into pairs and pray for one another.
 - Don't forget to encourage each other during the week!

Fifth Sunday of Lent (Forgiveness)

- Intro & Video
 - Tell about your past experiences of forgiveness.
 - Watch the video together.
 - What stood out to you from the video?
- Read **Psalms 103**.
 - What do we learn about forgiveness from this chapter?
 - Read the passage again and ask the Lord to point out something you can meditate on all week.
 - Share what caught your attention from the passage.
- Make your plan.
 - When will you do this forgiveness experience this week and how.
 - Break into pairs and pray for one another.
 - Don't forget to encourage each other during the week!

Sixth Sunday of Lent (Bible Reading)

- Intro & Video
 - Tell about your past experiences of reading the Bible.
 - Watch the video together.
 - What stood out to you from the video?
- Read **Psalms 19**.
 - What do we learn about Bible reading from this chapter?
 - Read the passage again and ask the Lord to point out something you can meditate on all week.
 - Share what caught your attention from the passage.
- Make your plan.
 - When will you do this Bible reading experience this week and how.
 - Break into pairs and pray for one another.
 - Don't forget to encourage each other during the week!