

Lutheran FAQ:

What is Lent?

Do you usually give something up or take on a new habit during Lent?

What changes do you notice in your worship space during Lent?

Lent is, in some ways, a wilderness that lasts for 40 days. When in your life has it felt like you were in a wilderness? How could you sense God's presence during and after that time? _____

In the season of Lent, we focus on things that tempt us, that want to be more important to us than God is. What is a hard temptation for you? How does it change your life? _____

The three traditional Lenten practices are fasting, prayer, and almsgiving. When have you fasted, whether it was from food or something else? What was it like? How long did you fast?

How do you pray most often? When have you tried a different way? _____

In worship, we pray as we sing, we pray silently during special music, and we pray as a congregation. How many times does your community pray during a typical worship service?

Almsgiving is a churchy word for donating. What do you give to? Do you donate money, time, or other gifts? _____

We can't make God love us more. Why do we have Lenten practices, then? What do they do?

Written by the ELCA South Carolina Synod to accompany the video "Lutheran F.A.Q. | What is Lent?" found at https://youtu.be/74vnpj-_aNk

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How do you pray most often? When have you tried a different way? _____

In worship, we pray as we sing, we pray silently during special music, and we pray as a congregation. What forms of prayer are most meaningful for you? Which are harder? _____

What good causes do you give to? Why? Do you donate money, time, or other gifts?

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Deeper Dive:

- Richard Foster's book *Celebration of Discipline* has a simple but thorough introduction to fasting and other spiritual practices.
- Take out your calendar and your budget/checkbook/banking app. If someone paid attention to how you spend your time and money, what would they learn about you? What would they learn about your church from its calendar and spending plan?
- Read a wilderness story in the Bible. What is God doing? How do people change in that time? (Need some direction? Use a concordance to look up "wilderness" or "forty".)

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