

Lent: an Invitation to a Holy Reset

Matthew 4:1-11

Opening Prayer

Ask God to use this time to reveal areas where He is inviting growth and renewal.

1. A Culture of Indulgence

1. Where do you most feel the pull to indulge (food, phone, shopping, busyness, etc.)?
2. How does constant access and convenience affect your ability to wait or say no?
3. In what ways might indulgence be shaping your soul?

2. Jesus in the Wilderness

Read Matthew 4:1–11

1. What patterns do you notice in how Jesus responds to temptation?
2. How does Scripture strengthen resistance to temptation?
3. Why do you think fasting preceded His testing?
4. How might fasting prepare us to resist temptation?
5. Each temptation invited Jesus to meet a real need in a wrong way. Where are you tempted to meet legitimate needs in unhealthy or sinful ways?

3. Holy Resistance Training

Read 1 Corinthians 9:24–27

1. What does Paul's athletic imagery teach us about discipline in the Christian life?
2. Where do you personally need to grow in discipline or self-control?
3. How does practicing small acts of self-denial strengthen us for bigger spiritual battles?
4. How can fasting help us say no to temptation?
5. What is one area where you would like to grow in holy resistance?

4. Lent as a Holy Reset

1. Is there a habit that may be forming you in an unhealthy way?
2. What might God be inviting you to fast from during this season?
3. What healthy practice could replace it?
4. In what way can this group support and encourage you in this?

Gospel Reminder

Jesus gave up everything for us. Fasting is not about earning anything — it is about making space to be with Jesus and reorienting our hearts toward Him.

1. How does remembering what Christ gave up for you reshape your understanding of fasting?
2. How might fasting deepen your gratitude for the gospel?

Closing Prayer

Pray for clarity, courage, and accountability as you seek to practice holy resistance and deeper dependence on Christ.

A 2026 Lenten Reset Guide

(Designed for personal use, families, or Life Groups)

Purpose of This Guide

Lent is a season to reset habits, retrain desire, and relearn freedom, all for the purpose of spiritual renewal and deepening relationship with God. This guide is not about perfection, but transformation.

Week 1 (Feb. 15-18): Awareness — What Has Gained Influence?

Memory Verse: Psalm 139:23–24

Practice:

- Track what you reach for when you are stressed, bored, or tired.
- Pray: invite God to reveal to you practices that have pulled your attention away from the Lord.

Reflection Questions:

- What habits feel automatic?
- Where do I turn first for comfort?

Decide: This Lent season (Feb. 18 - Apr. 2) I am going to fast from:

Week 2 (Feb. 18-28) : Interruption — Creating Holy Resistance

Memory Verse: 1 Cor. 10:13; **Scripture reading:** Matthew 4:1–11

Practice:

- Begin your fast (food, media, spending, etc.).
- When the urge arises, pause and pray instead of immediately giving in.

Reflection Questions:

- What does my discomfort reveal?
- What lies does temptation whisper?

Week 3 (Mar. 1-7): Replacement — Turning Hunger Into Prayer

Memory Verse: Galatians 5:16–17

Practice:

- Replace the habit with Scripture, prayer, silence or solitude.
- Keep replacements simple and repeatable.

Reflection Questions:

- How is my awareness of God changing?
- What desires feel weaker? Which feel stronger?

Week 4 (Mar. 8-14): Examination — Naming What Needs to Change

Memory Verse: Hebrews 12:1

Practice:

- Identify “weights” that may not necessarily be sinful, but are unhelpful.
- Consider whether any habit needs longer-term boundaries.

Reflection Questions:

- What has lost its grip?
- What still resists surrender?

Week 5 (Mar. 15-23): Dependence — Learning to Rely on Grace

Memory Verse: 2 Corinthians 12:9

Practice:

- Fast with gratitude rather than grit.
- Acknowledge weakness openly before God.

Reflection Questions:

- How has God met me in this season?
- Where do I need ongoing support?

Week 6 (Mar. 24 - Apr.2): Preparation — Living the Reset Beyond Lent

Memory Verse: Romans 12:1–2

Practice:

- Decide what habits to reintroduce, adjust, or eliminate.
- Establish one sustainable spiritual rhythm moving forward.

Reflection Questions:

- What kind of freedom do I want to protect?
- What practices will help me say no when temptation comes?

Adult SS Class: An Invitation to a Holy Reset – Mar. 1, 8, 15, 22

You are invited to join us for a 4-week adult Sunday school elective where we will talk more about fasting and Lent and take time to pray for one another and keep us accountable.

Closing Encouragement for the Guide

Fasting during Lent does not fix everything in forty days – but it can reset habits, practice and the direction of a life. For what we practice in a season can reshape us for years.