



## **SPIRITUAL CLEANSE**

### ***“We were Designed for Change”***

#### **Group or Individual Study guide**

#### **OPENING TO GOD [2 Minutes]**

Greet everyone, and begin with 1 minute of silence to allow the group to open themselves to the Holy Spirit.

#### **HOOK: Engaging the Topic [15 Minutes]**

*\*Feel free to “pass” if you would rather not answer a question.*

*\*Please be respectful of time and give everyone a chance to share.*

1. What are you doing for Lent to help you get closer to God?
2. Name one significant change you would like to see in your life?
3. In the past week, what is one thing you are thankful for?

#### **BOOK: Engaging the Word [20 Minutes]**

##### **Read Romans 12:2 (CEB- Common English Bible)**

1. What behavior or customs of this world is the Apostle Paul warning us not to copy?
2. What type of thinking are we called to change?

**Read the following excerpts from James 2:14-26.**

*“What good is it, my brothers and sisters, if someone claims to have faith but has no deeds?... But someone will say, ‘You have faith; I have deeds.’ Show me your faith without deeds, and I will show you my faith by my deeds... As the body without the spirit is dead, so faith without deeds is dead.”-James 2:14-26*

- What is the connection between faith and deeds?

### **LOOK: The Power of Gratitude [15 Minutes]**

God calls us to choose long-term change rather than immediate gratification. One tool God has offered to us is the emotional feeling of gratitude. Gratitude is what we feel when someone gives us something of value: a shoulder to cry on; money to help us out of financial trouble; anything that makes want to give back or genuinely pay it forward. Gratitude is not about the past, but about the future because it helps us to think in terms of long term good for others rather than immediate gratification for ourselves.

**Physical**-feed the hungry, provide drink for the thirsty, clothe the naked, care for the homeless, visit the sick, minister to the prisoner

**Spiritual**-instruct, counsel, admonish, bearing wrongs patiently, forgiving others, comforting the afflicted, praying for others.

1. What or who has God provided to bless you?
2. How has God blessed others in/through your life?

### **“TOOK” [10 Minutes]**

What intentional steps will you start this week in order to build more gratitude in your soul? (Example: Gratitude Journal, Pray for someone who has helped you, OR Reciprocity Ring (using two different colored post it notes).

### **Go In Peace [5 Minutes]**

Invite someone to close in prayer, thanking God and praying for gratitude to become a habit before Easter.