



## **SPIRITUAL CLEANSE**

**Week 6 (week of April 5, 2020)**

***“You Can Only Do 3 Big Things in a Year. That’s It. Only 3.”***

### **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. Do you do New Year’s Resolutions? Do you create a “to-do” list for Lent?
2. How has Lent helped you to prioritize the important things in your life?
3. How has the Coronavirus pandemic and Shelter-in-Place affected your life in the past few weeks? Have priorities in your life shifted? Is it too soon to know?

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

### **Read Matthew 21:1-11**

1. What are three things you remember about Jesus' ministry and teachings?
2. What emotions do you feel as you experience this Palm Sunday reading each year?

### **Read Philippians 2:5-11**

1. As we enter into Holy Week, we are reminded of the life of Jesus in such a short text. What are ways you can use this text to ground yourself in your faith and to put Christ at your center?
2. What are 3 Christ-centered goals that you would like to order in your life?

## **LOOK: 3 Simple Rules [15 Minutes]**

Bishop Rueben P. Jobs wrote a book called, "3 Simple Rules: A Wesleyan Way of Living" to remind us that Jesus doesn't ask much of us and if we are willing to put Christ at our center, we could live in a world that truly shows care and concern for one another. Take a look at the 3 simple rules. Are they really simple? Or do you think these simple rules could get more complicated or complex

1. Do No Harm
2. Do Good
3. Stay in Love with God

## **"TOOK": [10 Minutes]**

*"I can do all things through Christ who strengthens me" - Philippians 4:13*

1. List 3 BIG things that you would like to accomplish this year, 2020?
2. What are ways you can accomplish these goals?
3. How are the accomplishments or goals you are prioritizing leading us closer to God?

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

Invite someone to close in prayer, thanking God and praying for God's presence to continue to work in and through us as we walk "The Way" with Christ this Holy Week.