

Bible Study Guide: From Ashes to Abundance – Dying to Live

 Source Transcript:

Big Idea

Lent calls us to die to self-reliance and worldly attachments so we can truly live in the freedom, strength, and presence of Christ.

Theme

The Lenten journey moves us from independence to dependence on God, from temporary satisfaction to lasting fulfillment, and from spiritual dryness to abundant life in Jesus.

Core Scriptures

Genesis 3:19

“For dust you are and to dust you will return.”

John 12:24–25

“Unless a kernel of wheat falls to the ground and dies... it produces many seeds.”

Introduction: The Ashes Remind Us

Ash Wednesday declares:

- You are created
- You are dependent
- You need a Savior

Key Insight:

“You are not the source of life—you are sustained by the One who created you.”

Main Point 1: We Are Dependent on God

Explanation

We often believe:

- We can manage life ourselves

Spiritual Truth

True life begins when we:

- Recognize dependence

“We are not the creator—we are created.”

Application

- Where am I acting independent of God?
- Do I truly rely on Him?

Sticky Quote:

“Independence from God leads to emptiness.”

Main Point 2: Sin Creates Separation

Explanation

Sin:

- Distances us from God

Spiritual Truth

Even subtle things:

- Busyness
- Self-reliance
- Distraction

Can separate us

“Even thinking you don’t need God is separation.”

Application

- What is separating me from God?
- What needs to be addressed?

Sticky Quote:

“Separation starts with small compromises.”

Main Point 3: Repentance Is the Starting Point

Explanation

Repentance means:

- Turning back to God

Spiritual Truth

Transformation begins with:

- Humility

“Repentance is the doorway to life.”

Application

- What do I need to repent of?
- Am I willing to turn?

Sticky Quote:

“Repentance opens the door to change.”

Main Point 4: Following Jesus Is a Personal Journey

Explanation

Faith is not:

- Passive
- Observational

It is:

- Active
- Relational

“Jesus calls you to follow, not just watch.”

Application

- Am I truly following Jesus?
- Or just observing?

Sticky Quote:

“Faith requires movement.”

Main Point 5: You Must Die to Truly Live

Explanation

Jesus teaches:

- Life comes through surrender

Spiritual Truth

Holding onto life:

- Leads to loss

Surrendering:

- Leads to gain

“Let go to receive life.”

Application

- What am I holding onto?
- What do I need to release?

Sticky Quote:

“Dying to self unlocks real life.”

Main Point 6: The World Cannot Satisfy

Explanation

We chase:

- Comfort
- Control
- Pleasure

Spiritual Truth

These:

- Never fully satisfy

“The world promises life but cannot give it.”

Application

- What do I rely on for comfort?
- Is it lasting?

Sticky Quote:

“Temporary fixes lead to lasting emptiness.”

Main Point 7: Replace, Don't Just Remove

Explanation

Lent is not just about:

- Giving things up

It's about:

- Replacing them with God

“Don't just give up—fill it with Christ.”

Application

- What am I removing?
- What am I replacing it with?

Sticky Quote:

“Removal without replacement leads to failure.”

Main Point 8: Spiritual Disciplines Build Strength

Explanation

Practices include:

- Prayer
- Scripture
- Silence
- Worship

Spiritual Truth

These:

- Strengthen your spiritual life

“Spiritual disciplines build your strength.”

Application

- What disciplines do I need to start?
- How consistent am I?

Sticky Quote:

“Discipline develops strength.”

Main Point 9: Worry and Control Steal Life

Explanation

Worry:

- Paralyzes
- Drains

Spiritual Truth

Trusting God:

- Brings peace

“Worry can rob your life.”

Application

- What am I worrying about?
- Have I given it to God?

Sticky Quote:

“Trust replaces worry.”

Main Point 10: This Is a Daily Walk

Explanation

Faith is:

- Not a one-time decision

It is:

- Daily surrender

“This is a lifestyle, not a moment.”

Application

- How can I walk with God daily?
- What habits need to change?

Sticky Quote:

“Daily surrender creates lasting transformation.”

Main Point 11: The Goal Is Abundant Life

Explanation

Jesus offers:

- More than survival

Spiritual Truth

He gives:

- Peace
- Joy
- Purpose

“God wants you to have abundant life.”

Application

- Am I living abundantly?
- Or just surviving?

Sticky Quote:

“Jesus offers life in fullness.”

Discussion Questions

1. Where are you trying to live independently from God?
 2. What “temporary fixes” are you relying on?
 3. What does it mean for you to “die to self”?
 4. What spiritual disciplines can you begin?
 5. How can you walk with Jesus daily?
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Practical Application Steps

1. Acknowledge Your Need for God

- Start with humility

2. Repent Honestly

- Turn away from sin

3. Replace Worldly Habits

- Fill your life with God's presence

4. Practice Spiritual Disciplines

- Build consistency

5. Walk Daily with Jesus

- Make it a lifestyle

Closing Prayer

Father,
We surrender our lives to You.

Help us to let go of what is temporary
and embrace what is eternal.

Teach us to depend on You,
to trust You fully,
and to walk with You daily.

Transform us from the inside out
and lead us into abundant life.

In Jesus' name, Amen.

Final Takeaway

When you die to the life you're trying to control, you step into the life God has already prepared for you—full, free, and abundant.