

Bible Study Guide: Lent – From Dust to New Life

 Source Transcript:

Big Idea

Lent is a spiritual journey of humility and dependence, where we move away from the world and rediscover our need for God, leading to transformation and new life in Christ.

Theme

By recognizing our human limitations and turning toward God, Lent realigns our hearts, renews our spirit, and restores our relationship with Him.

Core Scriptures

Psalm 90:12

“Teach us to number our days, that we may gain a heart of wisdom.”

John 3:16

“For God so loved the world that He gave His only Son...”

Matthew 4:1–4

Jesus in the wilderness

Introduction: What Is Lent?

Lent is:

- A 40-day journey leading to Easter
- A time of preparation
- A time of spiritual renewal

Key Insight:

“Lent is about moving away from the world and toward God.”

Purpose of Lent

- Refocus your life
 - Reconnect with God
 - Renew your spirit
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Main Point 1: Lent Calls Us to Move Away from the World

Explanation

The world offers:

- Temporary satisfaction
- Comfort and distraction

But these:

- Fade away
- Do not fulfill

“The things of this world will rust and fade.”

Spiritual Truth

True life is found:

- In God’s presence
- Not worldly things

Application

- What distractions are pulling me away from God?
- What do I need to step away from?

Sticky Quote:

“What fades cannot fulfill.”

Main Point 2: Lent Teaches Us to Depend on God

Explanation

Through practices like:

- Fasting
- Prayer
- Scripture

We learn:

- To rely on God

“We replace what we crave with God’s presence.”

Biblical Example

Jesus in the wilderness:

- Refuses bread
- Chooses God

Spiritual Truth

God alone:

- Sustains us
- Strengthens us

Application

- What do I depend on more than God?
- How can I shift that dependence?

Sticky Quote:

“God’s presence satisfies more than the world ever could.”

Main Point 3: Starving the Flesh, Feeding the Spirit

Explanation

We often:

- Feed our desires
- Ignore our spirit

Spiritual Truth

Lent reverses this:

- Less of the world
- More of God

“We starve the flesh and feed the spirit.”

Application

- How am I feeding my spirit daily?
- What needs to be reduced in my life?

Sticky Quote:

“What you feed grows.”

Main Point 4: Ash Wednesday Reminds Us of Our Need for God

Explanation

Ash Wednesday declares:

- “From dust you came...”

Spiritual Truth

We are:

- Finite
- Fragile
- Dependent

“You are not self-sustaining—you need God.”

Application

- Do I live like I need God?
- Where am I relying on myself?

Sticky Quote:

“Humility begins with recognizing your need for God.”

Main Point 5: Humility Is the Foundation of Transformation

Explanation

Two mindsets:

- Pride → “I’ve got this”
- Humility → “I need God”

Spiritual Truth

Humility:

- Opens the door to change
- Aligns us with God

“Humility says, I need grace.”

Application

- Where is pride showing up in my life?
- How can I practice humility?

Sticky Quote:

“Transformation begins with humility.”

Main Point 6: Obedience Matters More Than Perfection

Explanation

God does not expect:

- Perfection

He desires:

- Obedience

“God wants obedience—not perfection.”

Spiritual Truth

Obedience:

- Builds faith
- Leads to growth

Application

- Where is God calling me to obey?
- Am I resisting?

Sticky Quote:

“Obedience grows your faith.”

Main Point 7: We Are Sinful and Need a Savior

Explanation

We are:

- Not perfect
- Not holy on our own

Spiritual Truth

Sin:

- Separates us from God

Solution

Jesus:

- Redeems
- Restores
- Saves

“You cannot save yourself—you need Christ.”

Application

- Do I truly rely on Jesus?
- Or try to fix myself?

Sticky Quote:

“Grace begins where self-sufficiency ends.”

Main Point 8: God’s Love Makes This Journey Possible

Explanation

Everything begins with:

- God’s love

“God so loved the world...”

Spiritual Truth

God:

- Does not want separation
- Desires relationship

Application

- Do I believe God loves me personally?
- How does that change my life?

Sticky Quote:

“God’s love invites transformation.”

Main Point 9: Lent Is a Gift, Not a Burden

Explanation

Lent is not:

- Something you have to do

It is:

- Something you get to do

“This is not a burden—it’s an opportunity.”

Spiritual Truth

Lent:

- Resets your life
- Refocuses your heart

Application

- How can I approach Lent with joy?
- What opportunity is God giving me?

Sticky Quote:

“Lent is a reset for your soul.”

Main Point 10: Lent Leads Us Back to Life with God

Explanation

The goal:

- Restore relationship with God

Spiritual Truth

God:

- Redeems
- Revives
- Restores

“God wants to bring you back to life.”

Application

- What is God restoring in me?
- How can I walk closely with Him?

Sticky Quote:

“Lent brings you back to life.”

Discussion Questions

1. What does Lent mean to you personally?
 2. Where are you relying on the world instead of God?
 3. How can you grow in humility?
 4. What is God calling you to surrender?
 5. How can you feed your spirit daily?
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Practical Application Steps

1. Fast Intentionally

- Replace something worldly with God

2. Pray Daily

- Build a consistent relationship

3. Read Scripture

- Let God shape your mind

4. Practice Humility

- Acknowledge your need for God

5. Walk in Obedience

- Follow God daily
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Closing Prayer

Father,
Thank You for the gift of Lent
and the opportunity to draw closer to You.

Teach us humility,
help us depend on You,
and guide us into transformation.

Renew our hearts,
strengthen our spirit,
and lead us into new life.

In Jesus' name, Amen.

Final Takeaway

Lent is a journey from self-reliance to God-dependence—leading you from dust into new life through Christ.