



Prince of Peace Church

Ash Wednesday - Mar 5

*Blessed Lord, who caused all Holy Scriptures to be written for our learning:
Grant us so to **hear them, read, mark, learn, and inwardly digest** them, that by patience and the
comfort of your holy Word we may embrace and ever hold fast the blessed hope of everlasting
life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and
the Holy Spirit, one God, for ever and ever. Amen.*

Scriptures for Reference - Isaiah 58; Matthew 6:1-6; 16-21, Psalm 103

Questions for Discussion

1. What traditions, if any, have you observed on Shrove Tuesday or the start of Lent?
2. In Matthew 6 and Isaiah 58, Jesus and the prophet warn against fasting for the wrong reasons. What are some ways we might unintentionally fast in a way that does not honor God?
3. Matthew 6:21 says, "Where your treasure is, there your heart will be also." How does fasting help reveal where our hearts truly are?
4. Paul's words in 2 Corinthians 6 challenge the Corinthians to "widen their hearts." What does it mean for us today to widen our hearts in our faith journey?
5. The message suggested shifting our mindset from focusing on "giving up" to "feasting on" - God's Word, silence, community, and creation. How might this approach help strengthen or restore our connection with God?
6. Isaiah 58 emphasizes acts of justice, such as feeding the hungry and freeing the oppressed. How can fasting be connected to serving others?
7. As you consider the words, "You are dust, and to dust you shall return," what thoughts or emotions arise? How do these words shape your perspective on Lent and spiritual renewal?