



LENTEN 2018 BIBLE STUDY SERIES  
PART 1  
WEEKS 1-4 (FEB 11 – MAR 10)

BY

PPC EQUIPPING (A.C.E)  
COMMITTEE

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As chair of the Equipping Committee, I am proud of the people who contributed to this Lenten series and the work we put before you. What I love about putting together these Bible study guides for Lent and Advent are the unique voices, personalities, experiences, perspectives and God-given gifts that are evident in these weekly studies. While there are different people at our church with leadership titles and roles, I sincerely believe that we as the body of Christ are stronger as we live into the priesthood of all believers that comes from 1 Peter 2; that it isn't up to our pastors or myself as an elder or chair, but rather many of the body being able to speak truth and encouragement to one another. Whether you will be doing this Lenten series as your own personal devotional or as part of a small group Bible study, I hope that you can experience the Freedom that God wants to offer all of us.

However, if you are looking for a Bible study, feel free to check out these ones:

Sunday	8:30AM in the PPC Library
Sunday	12:00PM in the PPC Library
Monday	6:45PM for Women*
Wednesday	7:00AM in the PPC Library (Men's group)
Wednesday	10:00AM in the PPC Library (Women's Group)
Thursday	9:30AM in the PPC Library
Friday	7:00PM in Trinity Center (The Bridge)
Saturday	7:00PM for Young Adults/Families**

In Him,  
Tim Lee

\*Contact Joetta Younger (714-334-7431) for Dates/Location

\*\*Contact Tim Lee (951-733-4117) for Dates/Location

Lenten Bible Study Week 1: From Groan to Grace  
For the week of Feb 11-17 | Sermon on Sun Feb 18

1. Share a time when your faith hit the wall.
  - a. List what you were thinking?
  - b. What did you feel in your body?
  - c. Where did you take the exhaustion?
  
2. Read Exodus 1:6-21: What were the causes of the Israelites exhaustion? Have the Bible study list them out.
  
3. Read Ex 2:23-25
  - a. What did the Israelites do with their exhaustion?
  - b. Discuss the relationship of their groan to the grace of God in prayer?
  - c. When you hear the word “resilience,” what comes to mind? How would you define resilience? The dictionary definition is the ability to bounce back but not to the exact same place.
  - d. What spiritual discipline was the starting point for their bounce back? Is this your “go to” discipline when you hit the wall?
  
4. Recall the story of Elijah and the success over the false prophets of Baal in 1 Kings 18:16-46. The false prophets toiled all day for a sign from Baal and nothing happened while Elijah could call on God and he literally rained fire from heaven, proving to everyone that He is the one true God.
  - a. Read 1 Kings 19:9-14 and list any obstacles to a resilient groan to grace prayer  
Some thoughts: He was alone, he was afraid for his life, he feels like his life work is for nothing
  - b. Which of these obstacles to a resilient groan to grace prayer best describes your life in Christ currently? In our communal life together at PPC?
  - c. Create antidotes to each of these three obstacles
    - i. Alone
    - ii. Afraid
    - iii. My life work has been for nothing—maybe consider a mentoring relationship with a younger gen person.
  
5. What is one take away from this study and how will you put that take away into practice this week?

6. Close in prayer together with a groan to God in order to alleviate, loneliness, fear, or lack of significant results.
  
7. Allow the groan (lament) to become resilient grace, the ability to bounce back in your life, in our life together.

Lenten Bible Study Week 2: From No One to Someone  
For the week of Feb 18-24 | Sermon on Sun Feb 25

As we look at Moses in Exodus 3, he may be having an identity crisis. **Moses the Egyptian** spent years in the Egyptian court of his grandfather the Pharaoh. **Moses the Midianite** lived for years as a refugee in the land of Midian after fleeing Egypt and married a Midianite woman. **Moses the Hebrew** was born to Hebrew parents and nursed by his mother, and was moved by a deep sense of conviction seeing an Egyptian beating a Hebrew. He may feel an inner sense of conflict being pulled in different directions. At this moment, Moses asks a good question when God met him at the burning bush. We miss a great truth if we do not see this as an honest question. This is question about identity, “Who am I?”

1. If someone were to ask the three closest people to you, “Use three words to describe you,” what would you hope they would say?
2. Theologian Henri Nouwen traced a sense of identity/value to these three main categories: I am what I do, I am what I have, I am what others think about me. How do you see people around you, in our society or country find their identity in these three categories? Are there any that you think are missing from this list? If so, what would you include?
3. Read Exodus 3:1-20.
  - a. Have you ever had a moment where it was clear that God was trying to get your attention? Share about that experience with your group.
  - b. What is the significance of Moses needing to take off his sandals or hiding his face from God?
  - c. What are Moses’ objections to God calling him? What do you think is the root behind Moses’ objections, especially his first response, “Who am I?” How may being an Egyptian, a Hebrew, and/or a Midianite feel disqualifying to this call?
  - d. How does God respond to Moses’ objections?
  - e. For us, what are the ways we may disqualify ourselves from God’ calling?

- f. What are the spiritual truths for us to hold on to and believe in when we have objections to what God is calling us to?
4. Read Psalm 139.
  - a. What verses/words/phrases stick out to you as you read this passage?
  - b. Put into your own words the specific things that God knows about you from this Psalm.
  - c. What are some reasons why a person might want to get away from God? Even if we know we cannot get away from God, what do we sometimes do to hold God at a distance?
  - d. How does this Psalm make you feel about yourself and your value to God?
5. The power of Psalm 139 is not just knowing what it says, but in believing what it. Look back over this Psalm and put into your own words five facts about God and his relationship to you.
6. Like Moses, we can sometimes be conflicted about who we are and what we are about, what difference will the truth of Psalm 139 make in your life and those around you?
7. Take time as a group to pray for each other to close.

Lenten Bible Study Week 3: From Human Do-er to Human Be-ing  
For the week of Feb 25-Mar 3 | Sermon on Sun Mar 4

A friend of mine once said, “My Church-ianity is getting in the way of my Christianity.” She was busy doing activities at church, but yearned to have time to rest in her relationship with the Lord. How easy it is to get caught up in the busyness of life that we lose sight of what really matters!

In Exodus 4, we saw God reaching out to Moses, calling Moses to lead His people out of bondage. When the Israelites saw that God was concerned about them, they bowed down and worshipped Him. In Chapters 5 and 6, we see God’s plan to care for His people continue to unfold, taking them from bondage to depending on Him.

1. What activities on your calendar have caused you to be overwhelmed by busyness?
2. Read Exodus 5:1-9. How would you characterize Pharaoh’s response to Moses? Why was Pharaoh unwilling to let the Israelites go into the wilderness to worship God?
3. How did Pharaoh punish the Israelites because of Moses’ request to let the Israelites leave Egypt to worship God?
4. Read Exodus 5:22 – 6:9. When Moses asked God why He had allowed such trouble to come upon the Israelites, what reason did God give to Moses?
5. What promise did God make to His people?
6. What was God’s desire for the Israelites? What is God’s desire for us?

7. Why were the people unable to hear the message of hope that Moses brought them?
  
8. When have you been so overwhelmed by discouragement, life's challenges, or activities that you have been unable to hear the Lord speaking to you? Share what you did about it, that you may encourage others in your group.
  
9. Read Matthew 11:28-30. What relief does Jesus promise to us?
  
10. How can we get that relief?
  
11. Meditating on scripture can help us to refocus our attention away from the busyness of this world and towards our relationship with our Lord. Take a look at Philippians 4:6-7, 1 Peter 5:7, Romans 15:13, Romans 8:28, Colossians 3:15-17, or John 14:27. Share with your group any verses (these or others) that help you to focus on your relationship with God. Pick a verse to memorize so that it will always be with to provide peace in times of overwhelming busyness.
  
12. What will you do differently the next time that you are overwhelmed by the activities on your calendar?

Be still and know that I am God. Psalm 46:10



Lenten Bible Study Week 4: Role Reversal  
For the week of Mar 4-Mar 10 | Sermon on Sun Mar 11

Life can be pretty easy these days for most of us. We have enough to eat, we have a warm place to sleep, we have jobs that provide, and we have a community where we fit in pretty well. It's nice to be comfortable and have more than enough. On the other hand, it can be a lot to maintain too – 'keeping up with the Joneses'. We can, and maybe some of us do, get caught up in wanting to have a good enough job, to make enough money to have the newest thing, to have the great vacation, buy the big house, and on and on it can go. These are achievements we feel like we can and should work toward. There's nothing inherently bad about any of those, right? And when we achieve these things – especially through our own efforts – maybe we can even begin to feel entitled to them. But it can also turn into a rat-race too that we can't stop. It's what we see all around us every day.

1. Read Exodus 11:1-10
  - a. What has God been communicating to Pharaoh through Moses throughout the first nine plagues? Was Pharaoh receiving the message? Why or why not?
  - b. What was the distinction God would show between the Egyptians' reaction to the final plague and the Israelites' reaction to the final plague and why was it something God wanted to highlight?
  - c. How can God use the display of this plague, and the others, for His glory? Why could it be important to disrupt the status quo?
  - d. What ultimately was keeping Pharaoh from acting? Why wouldn't he let the People go even after all those plagues?
  
2. We don't have plagues like in Exodus, but we do have 'noise' that occupies our time and thoughts. We probably won't see locusts invade Orange County, our pets die all at once, and the pond at Tri City Park probably won't turn to blood, but we should pay attention to the things that tell us to slow down and pay attention to God.
  - a. Think about what things in your life may be ways God is trying to get your attention. (For example: Is your body exhausted or your mind anxious and telling you to rest? Is your bank account telling you to stop spending and ask the question why? Is the knowledge that there are

vulnerable communities in the area and you can be the hands and feet of Jesus to them?) How is He calling you to respond to Him?

- b. Sometimes we even need to pay attention when it can seemingly be about something good. (For example, maybe heading up the PTA or leading a Bible study has led to stress, fatigue, or even hardheartedness). Take an inventory of your recurring activities/responsibilities. If you could attach a couple emotions to them, what would they be?
3. Read Philippians 2:5-11
    - a. What a contrast! Discuss what strikes you the most between the attitudes of Pharaoh from the first passage to the mindset of Jesus in the second passage.
    - b. The theme for our Lenten series is “Freedom.” How do we see a sense of freedom in this passage?
    - c. What joy, what wonder God can teach us and show us, what beauty can we know and splendor can we experience when we taste the freedom and lean into life with Jesus! In what ways can we imitate Jesus and grow in our Christlikeness as modeled in this passage?
4. Close in prayer. Thank God for modeling the freedom He brings to us in his Son, Christ Jesus.