



Our Talk It Over is designed to prompt insights, questions and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week.

Warm-Up:

When you think about the word *calendar*, what feelings or ideas come to mind—pressure, hope, routine, purpose, stress, or something else? Why?

Discuss:

1. The Christian calendar is centered on the life of Jesus rather than productivity or progress. What stands out to you about that difference?
2. Why do you think Easter is placed in the *middle* of the church year rather than at the end? How does that change the way we see the rest of life?
3. The seasons of the church year repeat each year. What might be valuable about returning to the same themes again and again?
4. Lent invites reflection on mortality and meaning. How comfortable are you with those topics, and why do you think they matter?
5. What season of life do you feel like you're in right now—anticipation, celebration, preparation, struggle, or renewal? Why?
6. What would it mean for you to “live from hope” instead of waiting for life to finally slow down or improve?
7. If your life revolved more intentionally around Christ, what might look different six months from now?

Apply:

Choose **one small practice** for the next seven days.

- **Stop** something that distracts you from God (excess screen time, constant news, unhealthy habits), *or*
- **Start** something that draws you closer (a short daily prayer, Scripture reading, attending worship, or an act of generosity).

Also, consider attending a Lent Reflection gathering on Wednesday.

Pray:

Gracious God, Thank you for meeting us in the middle of our busy, complicated lives. Teach us to see our time not as something to conquer, but as a gift to live with you. As we walk through this season of Lent, help us grow in trust, courage, and love. Shape our hearts to reflect your life and hope. Amen.

