



TALK IT OVER

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 “authority,” what emotions rise up in you — comfort, resistance, gratitude, suspicion, relief? Why?

Discuss:

1. What distraction in your life most competes for your attention right now? What might happen if you intentionally limited it?
2. Jesus’ first recorded words are simple and direct: *Repent. Believe. Follow.* Which of those three feels most challenging to you at this stage of life? Why?
3. What keeps us from practicing repentance regularly — pride, busyness, shame, self-reliance?
4. Do you live as though you are forgiven and free? Or do you still carry old guilt and self-condemnation?
5. Following implies surrendering leadership of your life. In what area are you most tempted to say, “I’ve got this,” instead of seeking Christ’s direction?
6. Jesus’ authority is not harsh or crushing, but compassionate and protective. Where in your life do you need protective boundaries right now?
7. If someone observed your daily life, would they see signs that you are intentionally following Jesus this Lent? What visible change might reflect a deeper inward shift?



Apply:

Choose one intentional Lenten practice:

- **Stop something** that dulls your spiritual attentiveness (excess scrolling, constant noise, late-night distractions).
- **Start something** that sharpens your awareness of Jesus (reading one chapter of Mark daily, beginning the day with 5 quiet minutes of prayer, writing a daily gratitude list).

Then, each morning pray this simple prayer: ***“Jesus, I repent of walking my own way. I believe Your way is better. Today, I choose to follow You.”*** Repeat it daily through Lent, allowing it to shape your heart.

Pray:

Lord Jesus,

This Lent, help us slow down enough to hear You. Give us courage to repent honestly, faith to believe fully, and humility to follow faithfully. Place healthy boundaries around our lives. Protect us from distractions that pull us away. Teach us to trust Your authority as a gift, not a burden. As we walk toward the cross and the hope of Easter, shape us into people who look more like You. Amen.