



# Emptied – Lent Week 1

Connect Guide February 17 and 18

*Take this paper and take the sermon home with you. Reflect on the passage and discussion questions. Consider how to apply the message to your life. Study alone or gather a group. This guide will enrich and encourage you on your path to discipleship and deepen your relationship with God*

## Scripture

Romans 8:1-4 ... *Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so, he condemned sin in the flesh, in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.*



## Discuss

1. What is your full name? How did you come about receiving it?
2. Name some words that identify you. How is identity tricky? Ambiguous? Clarifying?
3. Read Romans chapter 8 in its entirety. We are going to spend the next 7 weeks studying this powerful passage. What are some things you notice about this chapter Paul wrote?
4. Pastor Rich said, “You have a past. You’ve made mistakes. You haven’t lived as the best version of yourself. But none of that has to define you.” How can your past shape your future? How can understanding Romans 8 shape your future?
5. What are the two laws mentioned in Romans 8:2. How do they relate to each other and you? Others?
6. In what or who is your greatest and most powerful identity?
7. Read Acts 1:14. If you are praying at 1:14 for our church, consider this week praying for our WORSHIP. Our worship includes (but, is not limited to), our pastors, musicians, lay servers and readers, av and technology teams, etc.

## Apply

This is you. Walking in the freedom that Jesus provides. He is the God who forgives and forgets, who removes and restores. This is you, being emptied out. Starting again. Free from all those things that have defined you. This is you in Jesus. God knows your identity; the real you, the best you. And He’s waiting for you to live into it. What do you need to be emptied of this week? During this Lenten Season, is there something you should be giving up or taking up to be all God has planned for you? Start today.

## Prayer

God, this is us. We confess that we have not always lived into your standards or purposes. Lord, we acknowledge that you are the Way, the Truth and the Life. Thank you for loving us just as we are. Teach and guide us as we journey through the season of Lent to find, know and proclaim our identity in YOU and you alone. In Jesus Name, Amen.