



The traditional purpose of Lent is the preparation of the believer through prayer, penance, repentance of sins, almsgiving, atonement and self-denial. A period of 40 days representing the 40 days Jesus spent in the wilderness being tempted of Satan, while emptying himself to prepare for His earthly ministry.

As we move through these 40 days of lent, we will look at what we might give up for lent, in keeping with the example of Jesus. It is my heartfelt prayer, that as we make these discoveries, that we would not just give them up for lent, but we would give them up for Christ.

## **Week 2 LIFE CONTROLLING HABITS**

Galatians 5:1

“It is for freedom that Christ has set us free. Stand firm then and so not let yourself be burdened again by a yoke of slavery.”

2 Peter 2:19

“For a man is a slave to whatever has mastered him (NIV), or “For a man is a slave to whatever controls him.” (LB)

a. What is Peter Saying to you in this passage?

b. What are Life Controlling Habits, and how can you identify them?

Look at Paul’s words found in Romans 7:15

“I do not understand what I do. For what I want to do I do not do, but what I hate I do.” (NIV)

c. Why are habits so powerful?

d. How can you break free from the grip of a bad habit?

e. Why is it important to admit have a problem? Look to James 5:16

f. Once you have admitted a problem, what should you do next? Read and meditate on the following before answering. Philippians 4:13, Isaiah 41:10, Numbers 33:51-56, Psalm 1:1-3.