

LETTING GO

LENT 2024 | DIOCESE OF ATLANTA

WEEK 5: LETTING GO... OF THE FEAR OF DEATH

These reflection guides are designed to supplement the videos, for use in a small group Bible study. They are created for the leader's ease of use, and with links to free web-based resources.

REFLECTION

Jesus and Wonder want us to see ourselves as participants in a vast parade of humanity, here for a season to share and prove the power of love before returning to the close company of God who is love.

What must I do to die a good death? The great irony is that those of us who struggle with the fear of death also really struggle with the fear of living life abundantly. And yet, living life abundantly is precisely the medicine that will set our fear of death to flight.

Find some mighty purpose for the remainder of your days that stretches your heart and makes God smile.

~Bishop Wright

SCRIPTURE

Read John 12:21-25.

“Unless a grain of wheat falls into the earth and dies, it remains a single grain; but if it dies, it bears much fruit.”

Read Hebrews 5:5-10.

Jesus’ reverent submission and obedience through suffering.

Read Jeremiah 31:31-34.

What living might look like when we deeply know and are known by God.

DISCUSSION

- What must we do, what must *you* do, in order to die a good death?
- How are you proving the power of love with your life? How do you want to?
- What does living life abundantly look like? How is that different than how you are living now? What might need to change?
- What do you envision for your funeral and celebration of life?
- What mighty purpose that stretches your heart might be yours to pursue for the remainder of your days?

ARTICLES

For Further Reading:

Explore ways to “share and prove the power of love” by living out the Way of Love:

<https://www.episcopalchurch.org/way-of-love/>

Reflect on this poem by Mary Oliver about what it might mean to live life to the fullest

<https://www.saltproject.org/progressive-christian-blog/2015/6/29/the-summer-day>

PRAYER

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Collect for the 5th Sunday in Lent

TAKE-AWAY

Listen, (Reflect, Pray):

Steve Wonder’s “As”:

https://youtu.be/zEG90-l0-hA?si=7SCjE_W8fWGyoOK7

Plan: What might it be like to plan for the end of your life and plan your funeral? ECF has a resource here:

<https://www.ecf.org/uploads/pages/Plannin-g-for-the-End-of-Life-Booklet-02.10.22-1645825144.pdf>