

Getting Unstuck

By Courtney Still



Why not do something during Lent that will make a positive difference? Challenge your temptations and give up a habit that is holding you back in life. God offers a place at the foot of the cross where you can set down this baggage and walk away.

For
Young Adult

Season
Spring / Lent

Needed

Friends to join you in conversation, Bible, index cards, pens

Prepare in Advance

Plan a time to meet with a group of friends at a coffee shop or in your own living room. Let everyone know ahead of time that you would like to discuss giving up something for Lent.

Activity Plan

1. To get you and your friends thinking about temptations and how Jesus responded to them, retell the story of Jesus' temptation in the wilderness in your own words or read it from Luke 4:1-13.
2. Individually, take a quiet moment or two to reflect on what weighs you down or keeps you feeling stuck in life. Challenge yourselves to consider the things that really hold you back rather than habits that are easier to break, like staying up too late. Examples include: lying in a relationship, having a negative attitude about work, persisting in unhealthy eating habits, living with addiction to nicotine or other drug, or blaming God or other people for how your life is unfolding.
3. Have each person take two index cards and write one such habit to begin giving up during Lent. Both note cards should say the same thing.
4. Form pairs and have partners exchange one of their cards. The card you keep is a reminder of what you want to give up. The card that your partner gives you is to remind you to support him or her during Lent. Call, text, or meet with him or her weekly to check in on how the challenge is going. Offer your partner encouragement and keep him or her in your prayers.
5. Before your friends leave, ask someone to read the following paragraph and prayer aloud:

We are controlled by temptations all the time. We are tempted to do only enough to get by; we are tempted to let someone else do what we could have done; we are tempted to not be available to someone who needs us. We are tempted to give up and let stress and anxiety finally take over. When this happens, we can feel trapped and stuck in one place. When we carry around these heavy burdens and think we can fix things all on our own, we most likely will remain stuck. When we approach Christ, he invites us to give him whatever is weighing us down and walk away.

Dear God, help us when we face temptation. Stay with us and keep us strong when we feel the weight of our burdens holding us down. Remind us to bring our troubles to you, trusting you will carry them because of your amazing love for us, given through Jesus Christ. Amen.

