## Lent Week 4: March 12-18

This reading guide, as well as the guide for each week, can be found on our website: www.thebranchonline.org/2015/02/lent/

You can also find more details about this reading guide and how to use it by clicking on "Week 1 - Reading Guide" and reading page 1.

Th	Psalm 107:1-3, 17-22
	Ephesians 1:3-6

F	Psalm 107:1-3, 17-22
	Ephesians 1:7-14

Su Fourth Sunday in Lent
Numbers 21:4-9
Psalm 107:1-3, 17-22
Ephesians 2:1-10
Passage we'll be preaching on: John 3:14-21

M Psalm 107:1-16 Hebrews 3:1-6

Tu Psalm 107:1-16 1 Corinthians 10:6-13

W Psalm 107:1-16 John 8:12-20

## For reflection:

The passages from Psalm 107 this week paint three pictures of people in distress. All had reached the end of their rope. All cried out to God. All were rescued.

As you go through this week — are you 'hungry and thirsty' (vs. 5)? Is there a 'darkness and gloom' hanging over you (vs. 10)? Instead of rolling up your sleeves to get through it — follow the lead of the Psalmist: cry out. Tell God what you need and give thanks when the rescue comes.

Past mistakes. Regret. Shame. We all have carried these things around like a heavy stone around our neck. But did you catch the promises in this week's readings? We are "made alive with Christ" (Eph 2); "there is no judgement against anyone who believes in him" (John 3); God "brought them out of the darkest gloom and broke their chains" (Psalm 107).

What chains need to be broken for you this week? Is there anything you need to confess and ask for God to restore?

Light and darkness. These two themes have come up in past week's readings, and do so again this week (John 8, for example). What would it practically look like today to walk in "the light that leads to life"?

- How can you bring light to a relationship in your life?
- Where is Christ's light needed in your home?
- · How can you hold up a light at work?

Ask God about this — journal about it if helpful — and then as God speaks, obey.