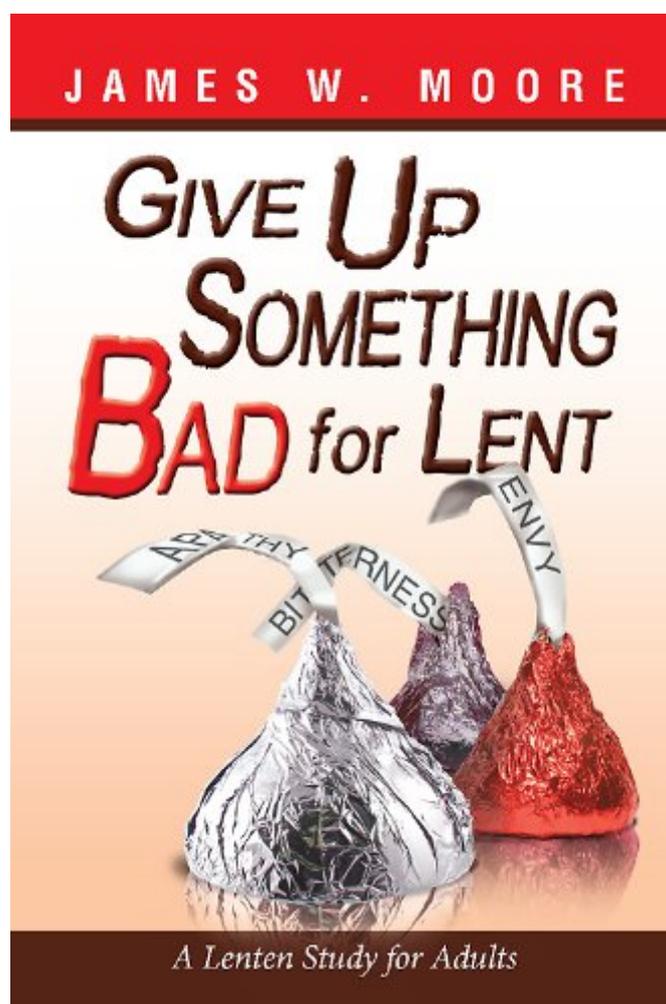


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Give Up Something Bad For Lent: A Lenten Study For Adults



Synopsis

During Lent each year, Christians give up something as an act of sacrifice and spiritual discipline. Often it is something like chocolate, knowing that after Easter Sunday they can once again enjoy what they have given up. James Moore challenges readers to take it furtherâ ”to give up something spiritually that they would be better off not doing. He invites all to seek God’s help to focus on eliminating one habit or attitude that is destructive. Imagine giving up envy, jealousy, self-pity, apathy, procrastination, gossip, resentment, or negative thinking, how much better life would be. The forty days of Lent are ideal to use this study and prepare to give up something bad while preparing to fully embrace the "Good News" of Easter. Study includes seven sessions, one for each Sunday in Lent and Easter Sunday. Each session features a Scripture reference, a personal reading, questions for personal reflection or group study, and closing prayer.

Book Information

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Customer Reviews

Lent was never a season that I really understood. How does giving up chocolate, fast food, etc. for 40 days really impact a person? This book was used by my home group and many of us agree this

was our "best Lenten season ever". This book challenges you to look at the temptations in your everyday life (like apathy, bitterness, judgements, etc.). Maybe you struggle a lot with one or two issues or maybe you struggle a little with several. Ask God to help you identify and deal with them. The idea is to focus on these undesirable characteristics for 40 days and be aware of them so you don't fall prey to them. If you can "give them up" for 40 days then perhaps God will rid you of them for life.

This book offers a pragmatic and down to earth approach as Christians seek to improve their whole life outlook and daily actions. It is easily read and challenges you at a very rudimentary level to follow the tenets of core beliefs during the season of Lent. There is no complex theological language and it offers suggestions which the reader can ponder and assimilate in their own kind of Lenten journey.

Our bible study group really liked this little book with the great suggestions, which was properly partitioned for a weekly class. We had some lively discussion with it thanks to the author's questions which concluded each chapter. Illustrative stories that the author chose to illumine his points were excellent.

We are using this book for our Lenten study at church. It is very clear and gives good stories and really makes you rethink the "giving up for Lent" thing. It shows us that we really should give up something bad. Recommend for anyone- doesn't have to be at a Bible Study. It can be just for personal reading.

We used it in our small group Bible study during the Lenten season. It was a good catalyst for group discussion, and everyone has enjoyed it. James W. Moore is popular with our church, and we always expect his writings to be down-to-earth and helpful.

I liked this enough to make it the weekly study for my Discipleship group. It brings into focus the intent of Lent

Moore provides a view into preparation for Easter that focuses on what is truly meaningful to being a follower of Jesus. For years, we have heard the statement "You should give up something important for Lent", and that translated into something that you saw as "good". As a child, that was candy, TV, video games, fighting with your sister. IF you carry that over to adulthood, what are the choices?

Arguing with your spouse? Dessert? Drinking beer? While perhaps a good thing, the long term result may not be that you are a better person. Moore provides a series of analyses on activities and attitudes that we often don't want to face, or pretend don't apply to us. Envy was my favorite. Me - envious? Well, yes, when you stop and think about it. He leads you through the analysis, questions, and discussion in a soul-searching manner that, if done with an open mind and heart, result in solid, long-term changes. I highly recommend this book, even if it isn't Lent!

Great group study! We started this late in the Lenten season and continued beyond. Topics can be used at any time, not just for Lent! We challenged ourselves to "Give up something bad" ..forever!.

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