

# COME ALIVE



A LENT JOURNEY OF RENEWAL

## AGAIN

# SUNDAY, FEBRUARY 22

## WEEK 1 | Ephesians 5:6-14 | *Come Awake*

Lent offers a pause from your usual routine to reconnect with your true self. It's a sacred opportunity to slow down, reflect, and prepare our hearts for the hope of resurrection. In a world that constantly urges us to hustle, prove ourselves, and keep busy, Lent creates space to slow down and focus on what truly matters. It's not about striving for perfection but about recognizing God's presence, rediscovering your authentic identity, and integrating faith naturally into daily life—whether at the kitchen table, in quiet moments, or while caring for others.

### BIG IDEA

**Jesus invites us to wake up to God's presence because the real you begins with God.**

### DISCUSSION QUESTIONS

1. What is one thing that stood out to you from this week's message?
2. In thinking about your networks at work, in your community, your family, and or church, who around you might need light, patience, or hope from you?
3. Paul says, "Wake up, sleeper... live as children of light." Consider where in your life you have been on autopilot – merely drifting or going through the motions – rather than living alert with God.
4. If Lent is about waking up to who you already are in Christ, what is one small thing God is inviting you to practice this week to live more awake?
5. How can we pray for you?

### YOUR NEXT STEP

Each morning this week, before you check your phone or start your to-do list, pause for one minute and pray, "Lord, awaken me to Your presence today."

*If you're doing the 40-day devotion, these questions will help you process it with others. If you're not, just start with one question this week.*