

COME

ALIVE

A LENT JOURNEY OF RENEWAL

AGAIN

SUNDAY, MARCH 22

WEEK 5 | Hebrews 4:14-16 | Come Bold

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

When life feels uncertain, don't pull back; come boldly to God for help.



### DISCUSSION QUESTIONS



1. What is one thing that stood out to you from this week's message?
2. When life gets hard or confusing, do you usually pull back or ask for help? Why?
3. Have you ever felt stuck between two ways of living or believing? What did that feel like?
4. What makes it hard to ask God for help, and what do you need help with right now?
5. How can we pray for you?

### YOUR NEXT STEP



What is one thing you need help with this week, and how will you ask God for help?

*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.*