



Living from the Heart

A Lenten Series

For the Territory of the People

Session 6 Reflection Questions

LIVE

These reflection materials can be done as individuals, or in a group. If done in a group, please follow the guidelines for heart sharing and trust building:

- Listen respectfully.
- There are no “right answers, or wrong answers” – all answers/responses are true. Let differences be.
- Respect the depth of information/feelings/experiences shared – keep them within the circle of your group.
- Pray for one another.

Reflection Questions:

1. **How does your mortality change your living now?** How does knowing you will die change how you live?
2. **In Deuteronomy 30:19, at the close of his life,** at the precipice of the Jordan before they were to enter the land God had promised them, Moses renews the covenant given by God in the commandments and says these words to the Hebrews: “I call heaven and earth to witness to you today that I have set before you life and death, blessings and curses. Choose life. Choose life so that you and your descendants may live, loving the Lord your God, obeying him and holding fast to him, for that means life to you and length of days so that you may live in the land that God promised to you and your ancestors.
What does choosing life mean for you? What 3 things will you do to illustrate you have chosen life? How can “your living bring God Glory?”
3. **Who is someone you know** who lives abundantly? What do you see as the source of this way of living?
4. **What does standing at the foot of Jesus’ cross** teach you about your life and how to live?

Resources for reflection:

Enrich Lord, heart
hands and mouth in me,
with faith, with hope
and charity
that I may run, rise and rest in Thee.
Amen.

George Herbert

Spirit Open My Heart

words: Ruth Duck© 1997, tune: Celtic: Wild Mountain Thyme

God, replace my stony heart
With a heart that's kind and tender
All my coldness and fear
To your grace I now surrender.

Refrain: Spirit, open my heart
To the joy and pain of living,
As you love may I love,
In receiving and in giving.
Spirit, open my heart.

Write your love upon my heart,
As my law, my goal, my story.
In each thought word and deed,
May my living bring you glory.

Refrain

May I walk with those who walk,
Share the joy of sister, brother.
In the welcome of Christ,
May we welcome one another.

Refrain