



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

James W. Moore

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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 further—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.

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