

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

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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.

James W. Moore is a best-selling author of more than 40 books and an acclaimed pastor and ordained elder in The United Methodist Church. He has led congregations in Jackson, Tennessee; Shreveport, Louisiana; and Houston, Texas. In 2006, after 50 years of active ministry, he retired from full-time ministry and moved to the Dallas area, where he currently serves as Minister-in-Residence at Highland Park United Methodist Church. He and his wife, June, live at Heritage Ranch in Fairview, Texas.

Other Books

Saint Benedict, selected writings from the Rule, with commentary

“ . . . that he will not or cannot study or read, let him be given some work to do so that he will not be idle. (Rule 48) In society at large, the observance of Sunday is, alas, somewhat neglected today. But it is still surprising that a saint ...”