



A Guide for Spiritual Formation

Theme of the month:

Tears, Ashes, & Trumpets

Text for the Week:

Habakkuk 1:1-4

Message for the Week:

"How Long?"

Theme for the Week:

We desperately long for
God to speak out against
injustice

Lent 1

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week?
Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

What is your first or most vivid memory of crying out "That's not fair!"

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read [Habakkuk 1:1-4](#) out loud.

What words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them those who are with you.

Respond / Reflect:

Name injustices that make your heart burn most. What is the cry of your heart to God regarding these?

Have you ever been angry at God? What was it about? Did God respond? What did he say?

Have you experienced God's silence? How did that make you feel?

After it's been a "Long time; no hear" from your friend, what is the first thing that you ask? What is the second?

"Try It!"

Write a prayer of lament to God, either by yourself or as a group. See [Psalm 13](#) for an example of lament.

As you write your prayer: Name the problem. Tell God how you feel about it. Tell God what you want Him to do about it. Express your trust that God can do something about it and that God is still good during it.

Prayer:

Spend time in prayer regarding the things God revealed and that you discerned in your time with God today.

Also, spend time in prayer with/for the other people who are with you.

During this season of Lent, we invite you to pray this prayer:

Lord God, in this season of Lent, we look forward to our remembrance of Jesus' death and our celebration of his resurrection. We pray that your Spirit will renew in us today our anticipation for these events and our awareness that Jesus' death and resurrection are a sure source of hope and life. During this Lenten season, we long for your Spirit to both comfort and challenge us, to help us to become more holy and loving. In a world that does not understand repentance, we pray for new understanding, humility, patience, and discipline that will help us die to sin and live for Jesus. AMEN

Missional Practice for the Month:

During the month of February, we invite and encourage you to create some home-made encouragement/ "thinking of you" bags/boxes that you can give to your neighbor(s), co-worker(s), classmate(s), public servants in our community, etc. Pray about who you could give a bag. Include a personal note of encouragement from you for the recipient. Have fun and be creative with what you might include in your bags. Keep it simple. Need some creative help? Click on the links below for some gift bag/box idea possibilities:

- <https://todaysfabulousfinds.blogspot.com/2010/12/neighbor-gift-idea-game-night-in-bag.html?m=1>
- <https://orisonorchards.com/dirt-cheap-neighbor-gifts/>
- <https://dreamingindiy.com/do-it-yourself-gift-basket-ideas-for-any-and-all-occasions/>