

# LENT IS FOR LOSERS



## Discussion Guide for “The First Failure” Lent is for Losers Week 1

We don't like rules. Especially when it comes to religion, we see rules as God's way of restricting us, keeping us from living a full, fun life. But the story of the first sin reveals that God's "rules" lead to life for us. How can we turn to God in faith and find the life God calls us to?

Scriptures for Further Reading

[Genesis 2:15-17, 3:1-7](#)

[Psalm 32](#)

[Matthew 4:1-11](#)

[Romans 5:12-19](#)

Passage for Sacred Reading:

A sacred reading is a method of reading Scripture that invites God to speak to us through the text. If you have never done a sacred reading, [here is a simple step-by-step guide](#). This week's passage is [Psalm 32](#).

Questions for Discussion

1. Are you a rule-follower or a button pusher? How do you tend to view rules?
2. When it comes to religion, how do you view God's rules? Are they restrictive? Arbitrary? Good?
3. Why do you think God doesn't want us to eat from the Tree of the Knowledge of Good and Evil (which is really the Tree of Control)?
4. Where in your life do you prefer to have control rather than follow God's way?
5. This is the first week of Lent. How can you trust God over the next six weeks in that area?