

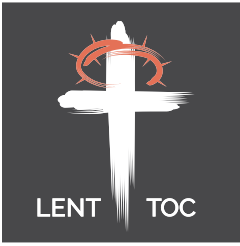


LENT

TOC

40 DAYS OF THE REAL GOD

What you think about God may be the most important thing about you. This year, take some time to learn more about who He really is.



SEASON OF LENT

WHAT'S IT FOR?

The secular world knows Lent as the 46 days between Fat Tuesday *pączki* and the Easter bunny's candy. As Christians, we often observe Lent by "giving up" pleasurable aspects of our lives to remember Christ's suffering and sacrifice for us. Lent ends in the passion and drama of Holy Week, in which Palm Sunday and the two great days, Maundy Thursday and Good Friday, receive most attention.

Scripture tells us that as followers of Jesus Christ, we must remember that *we cannot do anything* that will garner more of God's love. In Galatians 3:26-27, the Apostle Paul teaches,

"for in Christ Jesus you are all sons of God, through faith. ²⁷ For as many of you as were baptized into Christ have put on Christ." Galatians 3:26-27

By God's grace, through faith in Jesus Christ, *we are secure in relationship with God*, our Abba Father, our good good Father. We can't do anything to manipulate God or get Him to love us more.

Furthermore, Ephesians 2:8-9 clearly states,

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast." Ephesians 2:8-9

And according to Jesus, fasting is to be observed discreetly. Jesus said in Matthew 6:16-18,

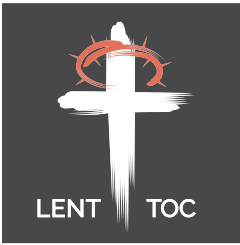
“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.” Matthew 6:16-18

OUR LENTEN COMMITMENT

Knowing that God loves us perfectly and completely, let's focus on growing our relationship with him by spending time in his Word and by learning more about him.

Choose one or more of these options:

1. View, discuss, and pray about the eight 30-minute video sessions of *The Real God* study
2. Pray Psalm 126 each day at 1:26 pm.
3. One day each week, fast from 5 pm until the following morning.



VIDEO STUDY INFO: WHOS, WHATS, WHYS

WHO? Everyone! We all have free access to the videos through TOC's rightnow Media subscription. An internet-connected device is required, so let's reach out to one another to share resources and knowledge to make sure everyone can participate. If you don't want to deal with the internet, please reach out to one of our TOC family to study together.



WHAT? The videos are based on the book, *The Real God*, from author and pastor Chip Ingram. The study covers seven characteristics of God that can help us grow in relationship with Him. Chip does not share our Sacramental Theology, but he absolutely reveres and has a passion for the Holy Scriptures as the inspired Word of God. He shares our belief that the Word is the source, by the power of the Holy Spirit, to the abundant life that Jesus Christ promised in John 10:10.

WHEN? WHERE? Four of the eight videos will be shared at TOC gatherings. Four are up to you. See next page.

rightnow MEDIA

**PLEASE SEE SEPARATE HANDOUT
FOR TECHNICAL SUPPORT.**



ASH WEDNESDAY, 3/6

7 pm. Share traditional worship, Holy Communion, and introductory video, "Seeking God."



SUNDAY WORSHIP 3/10

9 am, 10:30 am worship and video session 2, "Goodness." This is the only video we'll see on a Sunday. We'll continue with the Gospel Project.



WEEK OF 3/11

Watch session 3, "Sovereignty." (number 11)



WEEK OF 3/18

Watch session 4, "Holiness." (number 12)



WEEK OF 3/25

Watch session 5, "Wisdom." (number 13)



WEEK OF 4/1

Watch session 6, "Justice." (number 14)



WEEK OF 4/8

Watch session 7, "Love." (number 15)



MAUNDY THURSDAY, 4/18

7 pm. Traditional worship with final video, "Faithfulness."



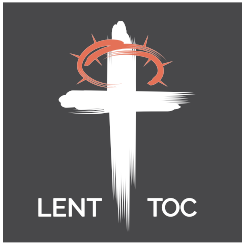
GOOD FRIDAY, 4/19

7 pm. Traditional worship with message about how all of these characteristics are conveyed on the cross.

ACCESSING THE VIDEO: Qs?

With your internet-connected device, use a browser to access rightnowmedia.org OR download the rightnow Media app from your app store. Log in to your account with the email address TOC uses to contact you. On the left side of the screen under "Libraries" click on "Trinity Ohio City Church." Click on the purple "The Real God" image. In the black box on the right side of the screen, scroll down to the "Small Group" video you need.

For help with your log-in, email info@trinitycleveland.com.



PRAY PSALM 126

EACH DAY AT 1:26 PM, PRAY

Together, let's ask God for His abundant blessings to restore us and flow us like streams in the desert.

When the Lord restored the fortunes of Zion, we were like those who dream. Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, the Lord has done great things for them. The Lord has done great things for us; we are glad. Restore our fortunes, O Lord, like streams in the Negeb (desert)! Those who sow in tears shall reap with shouts of joy! He who goes out weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him.—Psalm 126

FASTING:

5PM FAST

FROM 5 PM UNTIL NEXT MORNING

Basic steps to fruitful fasting and prayer.

1. Set objective (why am I fasting?)
2. Make commitment
3. Prepare spiritually
4. Prepare physically
5. Create a schedule.
6. End fast gradually (for extended fasts)
7. Expect to accomplish much!

For more information and advice about fasting, please email info@trinitycleveland and we'll get back to you promptly.

40 DAYS OF THE REAL GOD

What you think about God may be the most important thing about you. This year, take some time to learn more about who He really is.

SUN	MON	TUE	WED	THU	FRI	SAT
	MARCH		6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	APR. 1	2	3	4	5	6
17	8	9	10	11	12	13
14	15	16	17	18	19	20
21						



EASTER SUNDAY

10 am. Unified worship