



Examine Your Attachments: A Lenten Resource

By Lane M. Arnold

Whether you are fasting or limiting an aspect of your life during Lent, use this season as an opportunity to examine your attachments to things other than God. Print out the following questions and use them weekly throughout Lent.

- 1 Where has food, social media, or false beliefs become more a comfort than God is a comfort? What's that about for me?
- 2 What's that antsy sensation about, a desire to be instantly satisfied? How does that reveal an unwillingness to wait, to hold on a bit longer?
- 3 How does a scarcity mindset nibble away at my heart? Where am I trying to ensure I'll have enough? Digging deeper, where does God want to come and heal this scarcity belief system?
- 4 How am I lacking trust when grabbing for more by overindulging, just in case there's not quite enough?
- 5 What cravings gnaw at me? What is beneath those cravings?
- 6 Where do I think God is not going to show up for me? How am I controlling the scene, instead of waiting in surrender for His timing?
- 7 What kind, firm, healing words does God say to these broken places where I struggle?
- 8 When your eyes lock with Jesus' eyes, what is expressed?

