

# Resources for Lent

Links for a range of Lenten videos and resources

What is Lent?	<a href="https://www.bbc.co.uk/religion/religions/christianity/holydays/lent_1.shtml">https://www.bbc.co.uk/religion/religions/christianity/holydays/lent_1.shtml</a>
What is Lent for students	<a href="https://www.bbc.co.uk/bitesize/topics/ztkxpv4/articles/z77jf4j">https://www.bbc.co.uk/bitesize/topics/ztkxpv4/articles/z77jf4j</a>

## Devotion ideas

The work of the people	<a href="https://www.theworkofthepeople.com/">https://www.theworkofthepeople.com/</a>
Worship house media	<a href="https://www.worshiphousemedia.com">https://www.worshiphousemedia.com</a>
Lutheran Education Australia eLibrary	<a href="http://www.lutheran.edu.au/elibrary/worship-and-devotions-2/seasonal/lent-and-easter/">http://www.lutheran.edu.au/elibrary/worship-and-devotions-2/seasonal/lent-and-easter/</a>
LCA International mission 40 Days	<a href="#">Click to download</a>
Huffington post: Why Lent?	<a href="https://www.huffpost.com/entry/why-lent_b_830968">https://www.huffpost.com/entry/why-lent_b_830968</a>
Songs for lent	<a href="https://www.youtube.com/playlist?list=PLtKvJdYmssTuyh2M8NvwH0qhOs-hzM51">https://www.youtube.com/playlist?list=PLtKvJdYmssTuyh2M8NvwH0qhOs-hzM51</a>
Prayers, calls to worship, litanies etc	<a href="https://re-worship.blogspot.com/search?q=Lent">https://re-worship.blogspot.com/search?q=Lent</a>
Nadia Bolz Weber: 40 Ideas for keeping Lent Holy	<a href="https://www.patheos.com/blogs/nadiabolzweber/2012/02/house-for-all-sinners-and-saints-40-ideas-for-keeping-a-holy-lent/">https://www.patheos.com/blogs/nadiabolzweber/2012/02/house-for-all-sinners-and-saints-40-ideas-for-keeping-a-holy-lent/</a>

## Nooma videos: Rob Bell

Breathe   014	With everything that we've got going on every day, how many of us ever think about our breathing, about the meaning of breathing? Yet, for thousands of years, people have understood that our physical breath is a picture of a deeper spiritual reality. In the Bible, the word for "breath" is the same as the word for "spirit." There's an inherent dilemma at the core of what makes us human. We've all been created in the image of God and possess immense power and strength. And at the same time, our lives are incredibly vulnerable and fragile. Maybe if we had more insight into the meaning of breathing, we would better understand how God created us as human beings. Topics: Spirit, Life, Image of God, Sacred, Breath
Tomato   022	We all get consumed with ourselves; sometimes we're not even aware of it. We learn from a young age that life is about winning and impressing. We pick up that our worth and value come from how good, how smart, and how skilled we are. So, we twist things in our favour, making us look like we have it all together. Every day we have the choice to prop up these false ideas about ourselves or to let go of them. Jesus invites these parts of us to die, the parts of us that tell us our worth comes from the things we say and do. Maybe it's only when we let these things die, that we truly begin to live. Topics: Surrender, Cycle, Vanity, Self-Improvement, Ego, Life, Death
Shells   020	Do you often find yourself saying, "I'm so busy" or "I just have so much to do"? It's easy to get overwhelmed with appointments, gatherings, to-do lists. But what are we really doing with our time? Many of us are running from place to place and it seems like life is just passing us by. We're doing so many things, a little bit of everything, and yet it doesn't feel like much of a life. But most of us find it hard to say no. We feel obligated. There are so many good things to do. So many good causes to join. But while we're busy doing all these good things, are we missing out on something great? Maybe

	saying no would be easier if we knew what it meant to say yes. Topics: Time, Balance, Values, Importance, Saying No
Trees   003 Rob Bell	We want to know why we are here. If our lives really matter. How our religion is relevant to this life. Today. We want to understand what significance this minute, hour, week, month, and year has to our lives. To our world. We need a God who cares about this life, in this world, right now. We want to understand why everything we think, everything we say, and everything we do matters. We don't want to just sit back and wait for something to happen or someday to come. We want to know if all the choices we make now will shape our world and lives for eternity. Because we want our lives to have meaning today, and our lives today to have meaning forever. Topics: Life, Significance, Meaning, Eternity, Redemption
Dust   008 Rob Bell	Believing in God is important, but what about God believing in us? Believing that we can actually be the kind of people we were meant to be. People of love, compassion, peace, forgiveness, and hope. People who try to do the right thing all of the time. Who act on the endless opportunities around us every day for good, beauty, and truth. It's easy for us to sometimes get down on ourselves. To feel "not good enough" or feel like we don't have what it takes. But maybe if we had more insight into the culture that Jesus grew up in and some of the radical things he did, we'd understand the faith that God has in all of us. Topics: Self-Acceptance, Choices, Insecurity, Discipleship, Inadequacy