



SPX Small Groups

Life is Better Together

Grow Your Faith Week 1– February 21
1st Sunday in Lent



- 1) To feel rested, how many hours of sleep do you need each night?
- 2) What is your favorite morning or nighttime ritual?
- 3) On a scale of 1 to 10, how likely are you to persevere (with 1 being easily discouraged and 10 being likely to see something through to the end)?
- 4) Why is perseverance helpful to your spiritual life?
- 5) As Lent is starting, what daily habits do you have that already help you in your relationship with God? Do you do them (a) every day without fail, (b) most of the time, or (c) just some of the time?
- 6) In the Gospel ([Mark 1:12-15](#)), after his time in the desert, Jesus speaks the first words of his public ministry: “Repent and believe in the Gospel” To repent is to make a big change – to leave something behind in order to find something new.
 - a. What do you need to leave behind this Lent? Why?
 - b. What do you hope to find this Lent?
- 7) When you pray do you do most of the talking or do you also make room to listen? If you have heard God speaking to you in prayer, can you describe what that experience was like?
- 8) Fr. Mike invited us to read the Gospel of Matthew as part of our daily prayer this Lent.
 - a. Have you ever read a Gospel straight through before? If not, do you have any hesitations about reading the bible?
 - b. Does this seem like something you want to commit to?
 - c. Are there other daily habits you are adding or renewing your commitment to this Lent?
 - d. What do you need to do make these habits stick?
- 9) Watch the video extra and discuss the questions at the end.