# Lent #5 - Repentance

Icebreaker Question
Pastor Josh began with an illustration from the TV show 'Parks and Recreation' which I think gives us permission to share about our favourite show of all time. What is yours and what about it makes it so good or memorable?

Sermon Discussion
How would you describe your 'philosophy of cleaning'? That is, how important is it for you to have a clean house (or car, or whatever)? Do clean on a schedule, once in a while, only when company is coming over? What are your motivations - do you have a sense of pride in keeping a clean place?

When have you had to 'fake it until you make it"?

How much time to you spend reflecting on your 'inner life'? Have you found any helpful practices in doing this? What about self-talk - do you ever think about the voice or tone or things you say to yourself that are helpful or unhelpful?

1 Samuel 16:7 says that "*The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart*." What are some of the external things that people look tend to look at or value in a person (possibly a leader)? What things do dating apps use?

Josh gave 3 reasons why people tend to focus on external characteristics: 1. They are easy to see; 2. It takes more effort to look below the surface; 3. The alternative can be scary.
Do you agree with these? Can you come up with others reasons?

Pastor Josh pointed to the religious leaders not wanting to defile themselves by going into Pontius Pilate's palace but bringing an innocent man, Jesus, to be crucified as a perfect example of keeping up outward appearances but with terrible intent. Can you think of other good examples of this?

Read Luke 6:45 "*A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.*" (NIV) Josh talked about how our hearts: hold our core values, shape how we understand ourselves and respond to others, where we store up feelings, and are revealed when a crisis comes. How do you explain the difference between our hearts and our heads? Are they related to thinking and feeling? Would you consider yourself more of a 'thinker' or a 'feeler'"?

Is it helpful to consider rules and rule keeping as more of a 'head' thing and that Jesus is encouraging us to lead more with our hearts? Consider this quote from the sermon: *When we allow God to transform us, it gives us access to his wisdom and love, which in turn equips us to navigate complicated situations in ways that rules, policies and technicalities simply cannot.*

Josh said that we should ask ourselves the question: Jesus am I following you, or just following habits? And he mentioned things like reading the Bible, going to church, praying before meals, etc. How can we keep these things from becoming only routines?

It was said in the message that "Jesus warns us against leading from a place of image rather than integrity." What do you think it looks like to lead with integrity?

Repentance means 'to change your mind'. What are some things you've changed your mind about? (maybe relating to God/Jesus) Has this message changed your mind about anything?