

3:23-30

FOCUS: In a self-indulgent age such as ours, fasting is to be commended. *40 Days of Decrease* is the pursuit of a different kind of fast creating a different kind of hunger. Instead of fasting chocolate, social media, or coffee, *40 Days of Decrease* will call PCC to fast *apathy, injustice, resentment*, and more together in the pursuit of God. The end goal will be to un-clutter our souls from the stuff that weighs us down and blocks our view of Jesus.

As we begin the series this week, our focus is on the concept that **less is more**.

1. When have you had more and it didn't benefit you? When have you had less and it did benefit you? Why do you think we associate having less with loss?
2. Meditate on John 3:23-30 by reading it through slowly three times. What are your initial thoughts? Contrast the different characters' perspectives in the passage. What does the bridegroom reference mean to you?
3. Why is the posture of "*He must become greater; I must become less*" so challenging? What is the end result if this doesn't happen?
4. Read the quote below. Then get honest about how much of Jesus you really want to have occupy your life on a scale of 0-100% or \$0-\$100 and why.

I would like to buy \$3 worth of God, please. Not enough to explode my soul or disturb my sleep, but just enough to equal a cup of warm milk or a snooze in the sunshine. I don't want enough of God to make me love the "other" or serve the poor. I want ecstasy, not transformation. I want warmth of the womb, not a new birth. I want a pound of the Eternal in a paper sack. I would like to buy \$3 worth of God, please. — Wilbur Rees

5. Like John, if you were to focus on decreasing over the next 40 days, how might your joy increase?

CALL TO ACTION

- a. Use this daily prayer until Easter: ***May You, Lord, become greater and I become less.***
- b. Purchase the ***40 Days of Decrease Daily*** devotional book (on sale in the back of each gathering) and begin the journey of reduction on 3/6.
- c. **Text "LENT" to (650) 332-4438** to receive the daily 90-second staff video that enhances the journey.

d. Join us for the **Ash Wednesday: Service of Lament** on 3/6 at 7pm.