

FOCUS: Our *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* calls PCC to fast things like *apathy, injustice, resentment*, and more so that we increase our pursuit of God and His Kingdom. This week as Lent begins, we focus on learning about decreasing from Mary, the sister of Martha and Lazarus.

1. Based on the fasting challenges from Days 1-4, how has your experience been with trying to decrease?
2. Meditate on John 12:1-8. Read it three times. What are three observations that stand out to you? What questions arise from within you? How does it make you feel?
3. What are the key reasons some viewed Mary's actions as an act of worship and others viewed it as an act of waste? When you see someone worshipping God in an extravagant or extreme manner, how do you typically view it?
4. If worship means to bow down and decrease to another out of deep reverence, what is it about Jesus that causes you to worship Him like Mary? What more do you need from Jesus in order to be willing to worship Him like Mary?
5. Besides extravagant or extreme acts, in what other ways could you convey your worship to Jesus? (Consider the fasting challenges for Days 5-10.) And how could your obedience to God throughout your day be turned into an act of worship?

CALL TO ACTION

- a. Use this prayer of decrease throughout Lent: ***May You, Lord, become greater and I become less.***
- b. Purchase ***40 Days of Decrease*** daily devotional book and implement the daily fast challenges.