

FOCUS: This week, we reflect on your experience with the 40 Days of Decrease, Holy Week, and Easter.

1. Based on the fasting challenges from Days 35-40, which were the most challenging or enjoyable? Ponder the overall 40 Days of Decrease and fasting experiences—what was the great awareness you gained?
2. Meditate on John 20:1-18 by reading it through at least twice. Write down three aspects of the story that make an impression on you and detail the reasons.
3. In Gary's Easter message, he stated, "When Mary actually encounters the Lord, she figures he's a thief: *"Have you taken the body?"* She feels like God has abandoned her. She has no idea how God is at work. But Jesus shows up and changes everything." How has feeling abandoned and missing His actual presence played out in your life?
4. Soak in Isaiah 53 by reading through it at least three times. If you are with a group, read it once slowly out loud. As you read, highlight the passages that pierce your soul. Remember you're reading a prophecy that was declared 700 years before Jesus' birth, which specifically details His sacrifice. What amazes, pains, and inspires you about this text?
5. During Holy Week and Easter Sunday, did you really get any moments where you felt like you truly worshipped Christ in a manner that gave Him honor and praise for what He has done for you? If so, how? If not, what held you back? Next year, what would you do differently? This week, how could you?