

Theme: This four week series was taught to prepare for Lent in 2015. It takes a look at the paradox that doing and having less can actually lead to a life that is more fulfilling, focused on what is most important.

## **I. The Freedom of Simplicity**

- A. Theme: Freedom is not found in a life full of distractions, but in one that has reduced activities to allow time to receive Christ and His Word.
- B. Text: Luke 10:38-42
- C. Response: Communion
- D. Benediction: Numbers 6:24-26
- E. Teaching keywords: anxiety and worry, biblical characters, contentment, passion for Christ, self-control, meditation and silence

## **II. The Feast of Fasting**

- A. Theme: Biblical fasting is a call to not only abstain from food, but to feast upon the Word and will of God.
- B. Text: Matthew 4:1-4
- C. Response: Prayer & fasting this week for Winter Relief
- D. Benediction: 2 Thessalonians 2:16-17
- E. Teaching keywords: fasting; God's will & guidance; word of God; mercy ministry; self-control; confession & repentance; legalism; means of grace

## **III. The Refreshment of Rest**

- A. Theme: Sabbath rest is not a legalistic restriction but rather a gift from God to allow us to be refreshed as we rest from normal activities so we can focus on God and His provision for us.
- B. Text: Leviticus 23:1-3
- C. Response: Communion
- D. Benediction: Matthew 11:28-30
- E. Teaching keywords: Sabbath and rest; redemption; remembrance; money and finances; contentment; heaven, hell, and eternity; legalism

## **IV. Less Is More - Lent 2015**

- A. Theme: Lent is patterned after Jesus' forty days in the wilderness. It is a time when we fast, pray, confess sin, and set aside distractions so we can fully seek God to be empowered by His Spirit.
- B. Text: Luke 4:1-2, 14
- C. Response: Communion
- D. Benediction: Numbers 6:24-26
- E. Teaching keywords: Lent; christian life; confession; fasting; legalism; sanctification

Less Is More - Series Outline  
January-February 2015