

## RECAP

Reflecting on last week's practice of Sabbath, were you able to experience, encounter, and engage with Jesus more intimately?

## IDEA 1

Transcendent can be defined as "*beyond or above the range of normal or merely physical human experience.*" In relation to the crowds who followed Jesus for three days, Rob noted, "*These people were willing to starve the physical to feed the soul.*"

- Read Matthew 15:29-39 with your group. What exactly about this story sparks curiosity?
- Have you ever been so interested or entranced by something that you neglected your physical needs and lost track of time?
- Personally, in what ways would you like to encounter Jesus in a transcendent way?

## IDEA 2

There are times when dependence on God comes out of desperation and times when it has to be cultivated. Our dependence and reliance is on Him alone, not us - but understanding - truly living this way is simply harder in our context, in our time and place in history..... because we don't hit that desperation point all that often.

- What makes it hard to live in the rhythm of dependency in our culture?
- How has God's compassion to provide relate to His desire for our dependence?
- Have you experienced transcendent provision in a time of deep desperation? If yes, describe your experience to the group.
- What are some ways you could cultivate the practice of dependency?

## SPIRITUAL PRACTICE

The richness of provision and abundance and security we are surrounded by are good things - but to live in that can have unintended consequences -

Lent speaks to this. We are already days in - Can I encourage you to engage - to Hunger and Thirst.....fasting during this Lent? To give generously in ways that cost you.

As a group, consider how you all collectively can lean into Lent this season.

- **Is there something a particular thing or practice all of you can fast from this week?**
- **Is there something you all could generously give in this Lenten season?**

## NEXT STEPS

Rob's invitation was to reflect on the most "transcendent gift ever given," Jesus himself, who died for all humanity. "Generosity poured out in a provision unlike any other. He generously gave to us first - extravagantly!"

**God often desires to partner with us in His generosity to provide for others. So, as you continue your week, consider how God might move in you to give generously and be a channel of transcendent provision.**

Note that this does not have to be purely financial, but maybe.