



LENT 2026

Week 1: Repentance

Read or listen to the passage - Isaiah 52:13-53:12

- a. What stuck out to you?
- b. What were the images of pain?
- c. What were the images of ugliness?
- d. What were the images of substitution?

For Discussion:

1. Why do you think God abhors evil? (Feel free to keep returning to this question as you move through the study)

2. (vs. 4-9) Why did “The Suffering Servant” have to experience all of this? What were the causes?

(Personal moment of reflection) It may be easy to see what is wrong in the world or in other people, but how are **our** actions, now and in the past, part of what the suffering servant went through?

3. a. Is it hard for you to read this passage? Why?
b. Is it hard to imagine that you could be the cause of all of this? Why?
4. a. How do you see people responding to pain?
b. How does this compare to the suffering servant?
5. The Bible, in both the new and old testament, tells us that our hearts are what leads us to sin: e.g., “their hearts are far from me” (Isaiah 29:13). Jesus says that our actions and words come from our heart: “What comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false

witness, slander” (Matthew 15:18-19). How are our hearts the problem?

6. Why does something need to be done about the sin and evil in our hearts?
7. How are our hearts changed by the action of the suffering servant? How is this practically lived out in our daily lives?
8. What does the suffering servant passage tell us about our need for Jesus?
9. Repentance is a central part of our Lenten practices. What part does our Lenten practice of repentance play in preparing us for the “celebration” of Jesus' death and resurrection in Holy Week?

Take some time to reflect in prayer on what you have learned, heard and discussed.

Reflective Prayer Time:

- Take some time to give to God what you have done wrong
- Think about Jesus on the cross, say sorry for the ways you have rejected him, belittled him and hurt him
- What do you need to change? How are you going to live differently moving forward?
- Thank God, that he bore our sins, that he forgives us, that he sets us right.

Some Suggested Questions for Ongoing Reflection:

- How does repentance help to lead us to a changed heart and healing?
- Why is suffering with Christ an important part of our Christian journey and repentance?
- What would it feel like to repent from something that is tied to your identity?
- What do our broken hearts do in a broken world?