

# LETTING GO

WITH GREG WASINSKI



## SERIES INTRODUCTION

### OVERVIEW:

Lent is not simply about giving something up — it is about choosing life. In this series, we reflect on how the readings call us to let go of what is false, harmful, or spiritually distracting so that we can grow closer to Christ. God has given us the freedom to choose between life and death, good and evil. When we release what weighs us down — excuses, compromise, fear, or sin — we open our hearts to receive something far more beautiful in return. Lent becomes not just a season of temporary sacrifice, but the starting point of lasting transformation.

### RELATED SCRIPTURES:

#### **Sirach 15:15–20**

“Before man are life and death, good and evil, whichever he chooses shall be given him.”

#### **Matthew 5:33–37**

“Let your ‘Yes’ mean ‘Yes,’ and your ‘No’ mean ‘No.’ Anything more is from the evil one.”

#### **Matthew 4:1–11** (*Referenced through the desert imagery*)

Jesus’ 40 days in the desert and the reality of spiritual warfare.

### REFLECTION QUESTIONS:

1. What is something in my life that I know I need to let go of — not just for Lent, but permanently?
2. Where in my life have I been living in the “middle of the road,” lacking conviction or clarity?
3. What excuses have I been making that may be keeping me from spiritual growth?
4. If my “yes” truly meant yes and my “no” truly meant no, what would change in my daily life?
5. What might God be trying to give me if I would first release what is weighing me down?