

# Lenten Nooma Suggestions

## Lent 1

Genesis 2  
Psalm 32  
Matthew 4

They were naked  
You forgave me the guilt of my sin.  
Testing of the evil one

Nooma

**Lump** | 010 Rob Bell ~ *Nothing can separate us from the love of God.*

A lot of us have done things in our lives that we're ashamed of. Some are small things, and some of us have really big and devastating things. Some of us even have things that people close to us don't know about. Personal junk that we keep to ourselves so we don't have to deal with it. Because we don't know how to deal with it, do we? We're afraid that if we try it's just going to make everything worse. But no matter how big our junk is, no matter how much what we've done has impacted the way other people feel about us or how we feel about ourselves, it hasn't changed how God feels about us. God loves us, he always has and always will, and there's nothing we can do to change that.

Topics: Guilt, Forgiveness, Shame, Unconditional Love, Hiding

## Lent 2

Genesis 12  
Psalm 121  
John 3

Blessed to be a blessing, will Abraham continue to hear/see the promise?  
I lift my eyes to the hills  
Life in the spirit is like...

Nooma

**Rhythm** | 011 Rob Bell ~ *the song of God is written inside you on your heart*

What does it mean to have a relationship with God? What does it look like? For a lot of us it's a hard thing to understand. If God is an infinite spirit with no shape or form, how can we possibly relate to that? And what about Jesus? He said he came to give everyone life in its fullest. He came to show us how to live. Maybe it's through trusting Jesus and living the kind of life he taught us to live--a life of truth, love, justice, compassion, forgiveness, and sacrifice--that we have a relationship with God. Maybe the way we live every day, every single choice we make, determines how in tune with God we are.

Topics: Relationship, Harmony, Full Life, Compassion, Truth

## Lent 3

Exodus 17  
Psalm 95  
John 4

Is the Lord among us or not?  
Shout for joy  
Your past is forgiven, your present is holy, your future is... unthirsty

Nooma

**Today** | 017 Rob Bell ~ *text in the video is Easter text of Mary in the garden, every Sunday in Lent is a little Easter right? This is Easter for the woman at the well.*

How much time and energy do we spend wishing things were how they used to be? We often think about times in our past when things were different and want our lives to be like that again. Some of us have even come to believe that our best days may actually be behind us. But if we're in some way hung up on the past, what does that mean for our lives now? How are we and those around us affected if we're not fully present? If we're longing for the way things used to be, what does that really say about our understanding and appreciation of our lives today? Maybe we need to learn to embrace our past for what it is, in order to live our lives to the fullest, right here, right now.

Topics: Letting Go, Moving On, The Past Today, Worry

## Lent 4

1 Samuel 16  
Psalm 23  
John 9

Samuel takes the time to see David and anoint him  
You are with me  
Spiritual blindness

Nooma

**Shells** | 020 Rob Bell ~ *To will one thing is to see clearly. Jesus' one will is to head toward Jerusalem.*

Do you often find yourself saying, "I'm so busy" or "I just have so much to do"? It's easy to get overwhelmed with appointments, gatherings, to-do lists. But what are we really doing with our time? Many of us are running from place to place and it seems like life is just passing us by. We're doing so many things, a little bit of everything, and yet it doesn't feel like much of a life. But most of us find it hard to say no. We feel obligated. There are so many good things to do. So many good causes to join. But while we're busy doing all these good things, are we missing out on something great? Maybe saying no would be easier if we knew what it meant to say yes.

Topics: Time, Balance, Values, Importance, Saying No

## Lent 5

Ezekiel 37  
Psalm 130  
John 11

Dry bones and the promise of "I am the Lord."  
I wait for you, in your word is my hope  
Lazarus restored to life

Nooma

**Matthew** | 012 Rob Bell ~ *God sits shivah with us, text in video is John 11*

Suffering the loss of someone we love can be the most difficult thing in life to deal with. One moment we have them and the next they're gone. What are we supposed to do? How are we supposed to feel? The truth is, there's no certain way we're "supposed" to feel. Whatever we're feeling, it's okay. It's okay to feel shock, anger, denial, or whatever we may feel. It's okay. And if we don't feel anything at all, that's okay too. It's okay to have no answers and no explanations. Because, sometimes, all the reasoning and comforting words in the world just aren't what we need. What might help us, however, is to understand how Jesus dealt with this kind of loss.

Topics: Grief, Loss, Death, Mourning, Hope