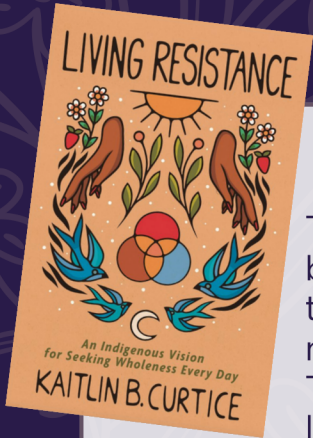


PRACTICING *resistance*

LENTEN BOOK & SERMON COMPANION



INTRODUCTION

There is much in our world tempting us to believe that brokenness might prevail over beauty. It's this idea, along with all the actual breaking, that we're called to resist. So how do we move from fighting against, to living for? It takes practice. Thankfully, many of the faithful ancestors we follow lived in days like these, and have some lessons for us on how to resist. This Lent, we'll read some of their stories, and let their wisdom lead us in practicing resistance together.

HOW TO USE

This guide is meant to be used alongside *Living Resistance*, by Kaitlin Curtice, and in conversation with Sunday worship. Each week we'll look at another sacred story of resistance, and you'll be invited to consider the themes discussed by *Living Resistance*. Whether reading in a small group or on your own, be sure to pause at the end of each chapter and consider the suggestions for each "resistance commitment." If writing is helpful for you, find a notebook to use along with this guide and write out your reflections. If any part of this guide is unhelpful, skip it. Engage in ways that bring you into greater connection with yourself, your community, and all that is Holy. And in all of it, begin with prayer, inviting God to lead you here.

