**Work of the People  
  
Video Recommendations for Lent, including Sample Reflection Questions**

[Give Up and Die](https://www.theworkofthepeople.com/give-up-and-die). Aaron Edwards talks about his condition, “The Suicide Disease,” surrendering to Jesus, and how death leads to life:

* Have you ever felt God in the midst of deep pain or despair?
* How can you feel God’s strength in your weakness?
* What can die in you to lead to life? Where in your life would death not lead to decay?

[Lent and Dying to Yourself](https://www.theworkofthepeople.com/lent-and-dying-to-yourself). Diana Butler Bass talks about Lent and dying to yourself:

* What is God calling you to die to?
* What does it mean to die to self?
* How do you give up something you don’t want to give up?

[Preparing for More](https://www.theworkofthepeople.com/preparing-for-more): Dale Ryan talks about how Lent is not about scarcity; it’s about preparing us for more…for resurrection:

* Do you approach lent from a place of scarcity, a life where there is less, rather than a life where there is more?
* Have you ever given up something for Lent that is truly bad for you instead of something you like and denying yourself? Would that change the practice for you?
* What can you give up this year that drags you down to make you ready for Easter and the resurrection?