

Redeemed: A Lenten Small Group or Individual Study
Based on the Bible Project Redemption

This Lenten weekly study guide, *Redeemed*, is built around the BibleProject's series on redemption and is offered as a flexible resource for the Lenten journey. Whether used individually or in a small group, it provides Scripture readings, themes, questions, and practices to help deepen reflection during this season.

You're invited to explore more at the BibleProject's Redemption page:

<https://bibleproject.com/podcasts/series/redemption/>

Use this guide in the way that best supports your reflection, prayer, and preparation for Easter. It is simply a tool, open-ended, invitational, and rooted in grace.

In gratitude & grace,
Pastor Kellie

Week 1:

Ash Wednesday

The Beginning of Redemption: Exile and Hope

Scripture: Genesis 3, Exodus 1-3, Romans 8:18-25

Redemption begins with understanding the human condition: exile from God's presence, sin, and suffering. This week frames the Lenten journey by exploring how God responds to human failure not with abandonment but with a plan of rescue.

Reflect: In what ways do you experience exile in your own life or community? How does the story of the Exodus reflect God's desire to redeem and dwell with people again? What does it mean to begin Lent in a posture of longing and hope?

Spiritual Intention for the Week: Attend an Ash Wednesday service to receive the Imposition of Ashes. Reflect and write a short prayer of confession each day this week.

Week 2:

The Pattern of Redemption: God Rescues and Recreates

Scripture: Exodus 6: 6-7; Psalm 107; 2 Corinthians 5:17

The Bible reveals a repeated pattern: God rescues, renews, and restores. This rhythm shows that redemption is not a one-time act, but a divine rhythm woven through Scripture and life.

Reflect: Where do you see God at work in re-creating what was broken in your life or church? How does the Exodus story set a pattern for God's work in the world? What does it mean to live as someone who is redeemed?

Spiritual Intention for the Week: Take a daily walk and look for signs of restoration in nature or your surroundings.

Week 3:

The Cost of Redemption: Substitution and Sacrifice

Scripture: Exodus 12; Isaiah 53; John 1:29

Redemption always comes at a cost. The Passover illustrates how a substitute bears the cost for the sake of freedom. Jesus, as the Lamb of God, fulfills this redemptive act in the most profound way.

Reflect: What does the cost of redemption reveal about God's character? How do you respond emotionally or spiritually to the idea of substitution? In what ways do we participate in the redemptive work of Christ today?

Spiritual Intention for the Week: Fast on a meal, social media, or even a favorite show and reflect on the sacrifice of Christ during this time.

Week 4:

Redemption Creates New People: Belonging and Identity

Scripture: Exodus 19:4-6; Jeremiah 31: 31-34, 1 Peter 2:9-10

God redeems not just individuals but communities. Through covenant, God forms a people marked by love, justice, and holiness. Redemption gives us a new identity and shared purpose.

Reflect: How has redemption shaped your sense of identity as a Christian? What does it mean to be part of a redeemed people? How can you and the people of Prosper UMC live out this covenantal calling during Lent?

Spiritual Intention for the Week: Write a communal prayer of commitment with a small group or others in the congregation. Address God together; Name what God is calling you to do this week; State a shared commitment using **we**; Ask for God's help to live it out; Close with Amen.

Week 5:

Redemption through Suffering: The Suffering Servant

Scripture: Isaiah 52:13 – 53:12; Mark 10:45; Philippians 2:5-11

Jesus embodies the path of redemptive suffering, not avoiding pain but transforming it into the means of salvation. His journey to the cross is the culmination of all redemptive patterns.

Reflect: How do you make sense of suffering in light of Jesus' example? What does it mean to take up your cross in your current season? Where do you need to see redemption in your suffering or the world's suffering?

Spiritual Intention for the Week: Engage in a daily act of compassion toward someone who is suffering.

Week 6:

redemption and the New Creation: Living the Resurrection Life

Scripture: Luke 24:13-35; Revelation 21:1-5; Romans 6:4

Redemption moves toward new creation. We are invited to live now in light of what God is making new through Christ.

Reflect: Where do you see signs of resurrection life now? How can you or your small group live as a witness to a new creation? What hopes are you holding onto as Easter approaches?

Spiritual Intention for the Week: Create a symbol of hope on your own or with your group – it can be art, prayer wall, or write a personal resurrection testimony.

Week 7: Holy Week Focus

Redemption Fulfilled: Death and Resurrection

Scripture: Luke 22-24; John 13-20

Holy Week walks us through the final steps of Jesus' redemptive journey, from betrayal to the cross to the empty tomb. We pause to remember, grieve, and rejoice.

Reflect: What part of Holy Week is most meaningful or difficult for you? How do the events of this week shape your faith? How can you prepare your heart for Easter?

Spiritual Intention for the Week:

This week, light a candle each morning of Holy Week as a symbol of the resurrection of hope. participate in Holy Week services: Maundy Thursday, Good Friday, and Easter Sunday. Reflect daily

Redeemed: A 40-day Lenten Journey

This journey is based on the Bible Project Series on Redemption. It is designed for individual reflection or small group use for the season of lent 2026.