

# Download Extravaganza from your Resource Center



As we move through the Church year, are you looking for that perfect study course to take you into Lent, Holy week, and Easter? Maybe a downloaded study from *The Thoughtful Christian* catalogue is just what your congregation's study group needs. Below is a small taste of some worthy choices for both adults and youth offered from *The Thoughtful Christian*. As you review these studies and the many others on the webpage given, be sure to notice how many sessions it includes as well as the price. While courses are specifically written for youth, adults, or children in mind, I have found that most youth courses may be easily adapted to meet the needs of adults. The descriptions below are taken from descriptions given on [thethoughtfulchristian.com](http://thethoughtfulchristian.com). *The Thoughtful Christian* is an arm of the Presbyterian Publishing Corporation. From its website, you may buy both books and downloadable studies. You may sometimes find free downloadable studies. Downloadable studies are NOT available through the Resource Center.

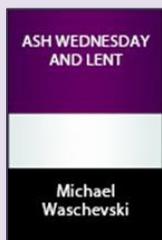


## **What is Lent** by Kathy Wolf Reed (Youth)

This one-session study for youth helps participants learn that Lent is so much more than the worthy practice of giving up personal indulgences. Youth will use historical, liturgical, and spiritual resources to develop a broad response to the question of what is Lent?

## **Spiritual Practices for Lent** by Kathy Wolf Reed (Youth)

While giving up an indulgence for Lent is a form of spiritual discipline, it may sometimes be difficult for youth to see that there are other faithful ways to observe Lent besides depriving ourselves of such things as chocolate or Facebook. This one-session study encourages youth to develop new understandings of Lent through interactive prayer stations that will help participants discover some new and creative ways to observe the season of Lent.

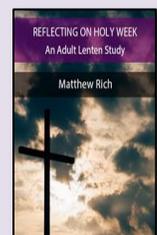


## **Ash Wednesday and Lent** by Michael Waschevski. (Adult)

Ash Wednesday and Lent are times during the liturgical year when Christians can give deep and serious consideration to their faith through the practices of almsgiving, prayer, and fasting. In this one-session adult study, participants will explore various themes of Ash Wednesday and Lent, looking into the themes of morality, penance, ashes, and almsgiving.

## **Reflections on Holy Week** by Matthew Rich (Adult)

This six-week study is based on the Gospel of Mark's account of Holy Week. Participants will explore the importance of the events that occurred during Holy Week. Session themes



include Jesus' entry to the city; his disruption of and teaching in the temple; Jesus and the disciples in Bethany and during their Passover meal; Jesus' prayer, arrest, and abandonment in Gethsemane; and Jesus' trial, crucifixion and burial. The sessions include a resource sheet with an expanded spiritual practice based on Scripture for each session in addition to the discussion questions, prayers and more.

For more information or to find other studies for Lent or any other time of the year, please visit ***The Thoughtful Christian*** at [www.thethoughtfulchristian.com](http://www.thethoughtfulchristian.com).

Please remember that The Resource Center has plenty of books, DVDs and CDs for your spiritual and educational needs. If you need any help finding a resource, please send me an email or give me a call. I am in the Resource Center usually on Mondays and Tuesdays, and I check my email throughout the week.



The Resource Center is open during Presbytery office hours: Monday–Thursday, 8:30 am–5:30 pm.  
You may reach me by phone or email  
304-744-7634  
[resourcecenter@wvpresbytery.org](mailto:resourcecenter@wvpresbytery.org)  
or “Like” us on Facebook: WV Presbytery Resource Center