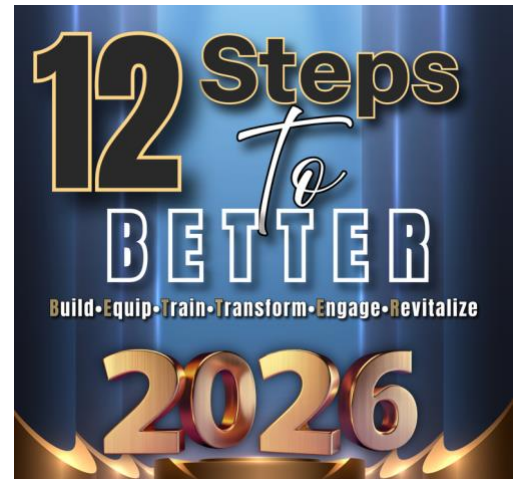
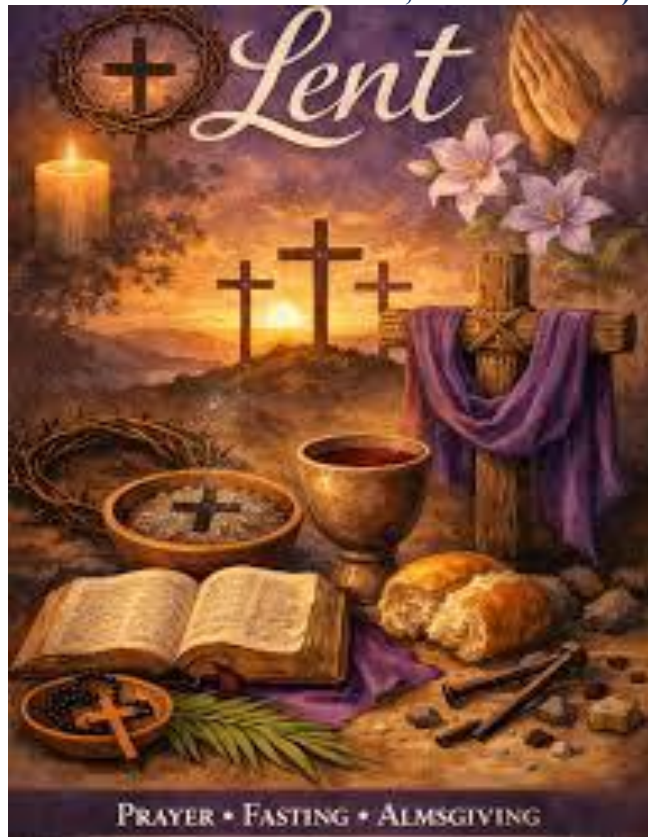


Thirty-Fourth Street Church of God
3000 North 34th Street
Tampa, Florida 33605
Bishop Thomas Scott, Senior Pastor



2026 Is The Year Of B.E.T.T.E.R.:

**(BUILDING RELATIONSHIPS, EQUIPPING, TRAINING, TRANSFORMATION,
ENGAGE EVANGELISM, REVITALIZE)**



“STEP 3: SURRENDER ALL”

**HEART FAST: SURRENDERING TO TRANSFORMATION
DURING LENT – PART 1**

Wednesday in the Word

March 18, 2026

Introduction

For many of us, the Lenten season begins with good intentions that gradually fade into familiar patterns. We use project language: “I made it two weeks,” “I kept my commitments,” “I failed after the first week.” This approach frames Lent as a personal achievement project rather than a spiritual journey of transformation. The scripture passages we’ll study today invite us to move beyond external actions to internal transformation – from “my doing” to “my being.” As we continue in 12 Steps to Better, this month’s focus of surrendering all is a perfect transition into this Lenten season.

The Three Pillars of Lent

The Lenten season rests upon three foundational practices that Christians have observed for centuries: **prayer, fasting, and almsgiving.**

Question:

Why do you think we often focus more on external actions during Lent rather than internal heart transformation?

1. Perception versus Purpose

John 12:12-19

- A. People pushed for political revolution while Jesus pursued spiritual salvation. John 12:13
- B. Palms announced a king while the Prince of Peace practiced humility on a donkey.
John 12: 14-15
- C. Pharisees panicked at His popularity while God prepared a greater plan. John 12:19

2. Heart over Habits

Psalms 51:16-17

When we treat Lent as a project, we center ourselves and our achievements. We become like the crowd in Jerusalem, trying to make Jesus into our kind of king – one who serves our agenda. A **Heart Fast** invites us to center Christ instead, allowing Him to be the King He truly is, even when that challenges our expectations.

- A. Holiness happens in the heart, not merely through religious rituals. **Psalms 51:16**
- B. Humility and honesty produce true transformation. **Psalms 51:17**

3. Surrender over Success

- A. Sacrifice superficial accomplishments for sincere, spiritual surrender.
- B. Seek a transformation rather than surface changes.
- C. See the Savior’s suffering as an example to surrender.

Reflective Questions

1. Why do you think we often focus more on external actions during Lent rather than internal heart transformation?
2. When have you experienced a moment of brokenness or contrition that led to deeper connection with God, like David's experience in Psalm 51?
3. How might your approach to Lent change if you focused on surrendering your heart to God daily rather than completing a 40-day project or having a 40-day project mentality?

❖ **Prayer:** Daily Prayer Call Monday – Friday @ 6:00 AM

Prayer Conference Number

- Dial-in number: (605) 475-4000
- Participant Code: 689056#

