

This 12 week series will journey through the gospel of Mark. Each week we will focus on what it means to be a disciple of Jesus. Use these guides in your small group or with your spouse or grab a friend and work through the questions together. There will be a Mark Study Group for anyone interested on Sunday nights Oct 14th-December 9th (*excluding Nov 11) from 6:30 pm-7:45 pm in the church basement. We will have the coffee on so come and journey with us as we learn more about the *Adventure of Discipleship!*

If you could sneak away for an afternoon of solitude, where would you go?

In his book *Replenish*, Lance Witt describes how solitude is often very counter-intuitive to us. Which of his following statements are most challenging to you?

- Solitude requires being present when we're used to being productive.
- Solitude requires listening when we're used to talking.
- Solitude requires quiet when we're used to noise.
- Solitude requires stillness when we're used to busyness.
- Solitude requires going internal when we're used to going external.
- Solitude requires facing who we are when we're used to projecting who we want people to think we are.

A LATE NIGHT: READ MARK 1:21-34

Take note of the many things that occupied Jesus' day. Which of these activities and interactions would have caused you the most stress?

How would you have been feeling emotionally, physically, and spiritually by the end of this long day?

AN EARLY MORNING: READ MARK 1:35-39

After a hectic day of helping others, Jesus needed some time to be alone and pray. What do you think He prayed for? (verse 38 might shed some light)

Consider this scenario: A friend comes to you and confides that they are struggling. Life seems overwhelming, God seems distant, and their prayer life is almost non-existent due to internal and external distractions. What lessons could you point them to in the example of Jesus in verse 35?

How different might your typical day be if it was proactively begun in the presence of God? Share some specific examples of the 'rewards' the Father might have waiting for us in His presence (see Matthew 6:5-7).

READ PSALM 131

Charles Spurgeon said that this song is one of the shortest Psalms to read but one of the longest Psalms to learn. What are the biggest obstacles you face when it comes to stilling and quieting your soul?

Jesus often chose to say no to good things in order to say yes to greater things. What step can you take this week to follow His example?