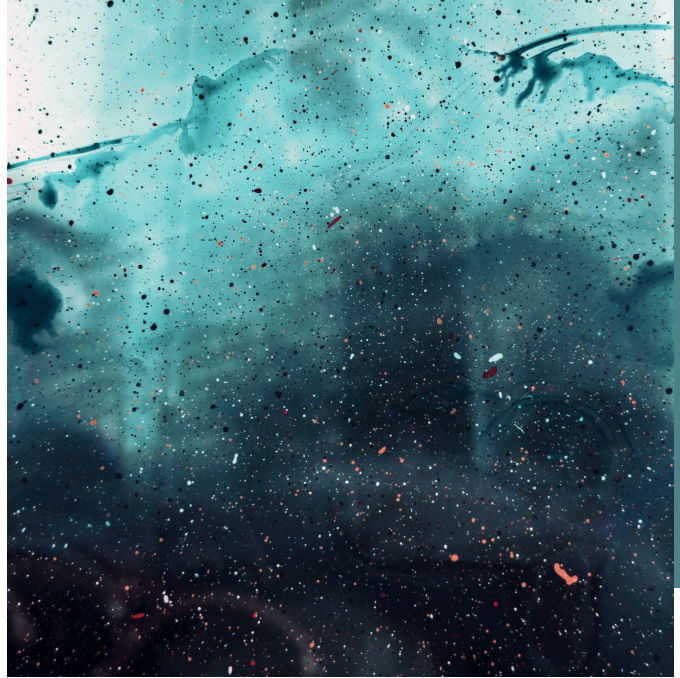


RHYTHMS:

Cultivating Spiritual Habits of Devotion

JUNE 26 | STONE OAK CAMPUS



MARK 1:35

Prepare Your Heart & Mind

Begin this time in prayer, confessing any sins you can recall, thanking the Lord for the gift of His Word, and asking for His Spirit to guide you in your time.



Reflect/Connect

- Use these questions for a time of individual reflection or to connect with others in meaningful conversation.

Grow in the Word

- These questions are designed as a guide for individual study and to foster spiritual conversation with a group of people.

REFLECT/CONNECT

- In what ways did confession take part in your prayer life this last week, and what difference did it make?
- How much time of silence and solitude do you get in a typical week?
- When you are alone, how often are you without media, electronics, or entertainment of some sort?

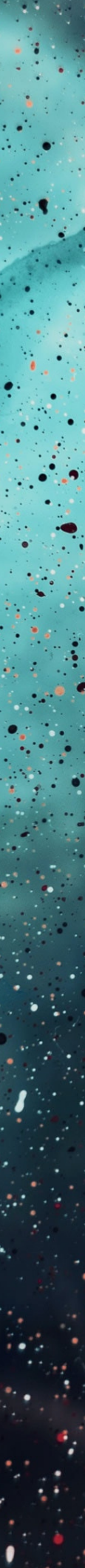
GROW IN THE WORD

Mark takes great care in sharing the setting and the details of how Jesus pauses to depart in the midst of his ministry.

- What is the significance of Mark including the setting details before Jesus leaves the house?
- Why does Jesus leave the house to pray?
- What does the word "secluded" mean in verse 35? Compare different Bible versions and note how they translate the same word. Look also at Luke 5:16.
- What does it mean that Jesus went to a "secluded place" to pray rather than praying alone in the house?

Jesus came to seek and save the lost, yet he intentionally carves time outside of his urgent, important work of ministry to be alone with God.

- How would you describe the value Jesus places on special and separate time alone with God?
- What distractions might keep you from pursuing solitary time with God in a like manner?
- What must you do to depart from the normal routine of life to create a time of silence and solitude as Jesus so often did?





NOTES

Use this page for sermon notes, prayer requests,
or additional notes on the passage from your study.