



## Rock Bridge Small Group Discussion Guide Rhythm - Part 1 ACTIVITY GROUP GUIDE

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### MAIN POINT:

- *Jesus is not trying to be NORMAL; but He is pursuing anointing.*

### Passage(s) to Read: Mark 1:32-39

**Passage Summary:** *Despite the need, the demands and the expectations of the people, Jesus made Himself unavailable and never let demands dictate His schedule. Jesus prioritized prayer and purpose—even if people were disappointed..*

### DISCUSSION:

1. What are some ways that we can “unplug” and be disconnected with the world but more connected to God?
2. What are some ways that we might be “cheating” God of our best in how we use our resources? (Time, money, relationships, etc.?)
3. What do you need to do to stop cheating God of your best, and put healthy rhythms in place? What might you have to give up to do this?

### STEPS OF OBEDIENCE

- **As we consider a church-wide fast in a few weeks, what might that look like in your life? Talk about various fasts that you might have heard of, and what you might choose.**

### PRAYER TIME

- If anyone in the group has a special prayer request, make sure that is shared with the group.