



## Rock Bridge Small Group Discussion Guide

### Rhythm – Part 1

### PARTICIPANT GUIDE

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#### ICE BREAKER:

- What is your favorite way to end the day, or to unwind from a tiring day?

#### MAIN POINT:

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

#### INTO THE WORD:

Before reading this passage as a group, consider the following **Core Questions**. Read these questions aloud to frame up your discussion.

1. What does this passage reveal about what God is like? I.e. Obvious statements, attributes of His character, ability, etc.
2. What are some key words or phrases and how do they help us understand what is being said?
3. Is there some kind of action that we are called to? A sin to confess? Something to thank God for? Someone to pray for or encourage? A behavior I need to change?

**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..*

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

#### DISCUSSION:

1. Discuss the core questions as they relate to the passages.
2. Imagine the scene from vs. 32-34, and describe what it might have looked like. Why do you think Jesus silenced the demons?
3. What pressures do you think Jesus must have felt from a day like this day? Based on those pressures, what might he have been praying about?
4. How do you think Peter and the other disciples felt about this decision?

#### APPLICATION:

5. What are some ways that we might be “cheating” God of our best in how we use our resources? (Time, money, relationships, etc.?)
6. 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?
7. What are some ways that we can “unplug” and be disconnected with the world but more connected to God?
8. If we choose “anointed” some people will be frustrated/disappointed with us. What might that look like? Who might be disappointed with you and why?

#### 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

- Get in pairs or groups of three and pray for this season to be one of greater surrender to God and more of Him in our lives.
- If anyone in the group has a special prayer request, make sure that is shared with the group.