

## Small Group Discussion Sheet

### Title: A Day in Jesus' Life — Week 3

#### Icebreaker:

*What is one thing that most often fills your time—but rarely fills your soul?*

#### Main Idea:

Jesus is powerfully at work for others, but He intentionally withdraws to be alone with God so He can stay aligned with His purpose.

#### Tell it, Rebuild it, then Read the Passage

**Scripture:** Mark 1:21–39

**Discussion:** As you begin your discussion it is easy to start with what we learn from this scripture, then move into how we feel about it, and finally the most difficult part is what are we going to do differently because of it. Make sure to allow time for the last “HANDS” portion or you will spend all of your time on just observing the text and not implementing it.

Allow the Holy Spirit to direct you about which questions to prompt your group to answer. **YOU DO NOT HAVE TO COVER THEM ALL.** I'm including some leader prompts and sample answers to help you keep the discussion going.

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#### HEAD — Knowledge (What do we learn?)

*Goal: Help the group see Jesus' priorities and rhythm.*

#### 1. What activities filled Jesus' day in this passage?

##### Leader Prompt:

“Scan the passage and notice how many different things Jesus does in a short time.”

**Sample Answers:**

- Teaching in the synagogue
  - Casting out an unclean spirit
  - Healing Simon's mother-in-law
  - Healing many sick people
  - Driving out demons
  - Praying alone
  - Preaching in other towns
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**2. What do we learn about Jesus' authority?****Leader Prompt:**

"How do people react to Jesus, and why?"

**Sample Answers:**

- He teaches with authority, not like the scribes
  - Demons recognize Him and obey Him
  - People are amazed and spread the news
  - His authority comes from who He is, not a position
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**3. Why is it significant that Jesus withdrew to pray?****Leader Prompt:**

"Remember—this is after an exhausting, successful day."

**Sample Answers:**

- Jesus prioritized time with the Father
- Prayer was not optional, even for Jesus
- His power flowed from intimacy with God

- He didn't let popularity dictate His schedule
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#### **4. How does Jesus define success in verses 35–39?**

##### **Leader Prompt:**

“What does Jesus say *no* to—and why?”

##### **Sample Answers:**

- He doesn't stay where He's most wanted
  - He stays focused on preaching the gospel
  - Success is faithfulness to God's mission, not crowd size
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#### **HEART — Feeling (What do we feel or value?)**

*Goal: Expose desires, fears, and inner resistance.*

##### **1. How do you feel reading about Jesus' busy day?**

##### **Leader Prompt:**

“Does this passage feel comforting, challenging, or overwhelming?”

##### **Sample Answers:**

- Relieved—Jesus understands busyness
  - Challenged by His stamina and focus
  - Convicted about my own hurried life
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##### **2. What emotions surface when Jesus chooses prayer over people's demands?**

##### **Leader Prompt:**

“What does this reveal about what Jesus values most?”

##### **Sample Answers:**

- Admiration for His discipline

- Discomfort because I struggle to say no
  - Hope that rest and prayer are allowed
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### **3. Where do you feel tension between being needed and being with God?**

#### **Leader Prompt:**

“Think about work, family, ministry, or responsibilities.”

#### **Sample Answers:**

- Family needs crowd out quiet time
  - Work demands leave little energy for prayer
  - Ministry can replace intimacy with God
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### **4. What fears come up when you think about slowing down?**

#### **Leader Prompt:**

“What do you worry might happen if you step away?”

#### **Sample Answers:**

- People will be disappointed
  - Things will fall apart
  - I’ll feel unproductive or guilty
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## **HANDS — Practical (What will we do?)**

*Goal: Move toward concrete, achievable obedience.*

### **1. What is one way you currently waste time?**

#### **Leader Prompt:**

“This is about awareness, not shame.”

#### **Sample Answers:**

- Excessive screen time
  - Mindless scrolling
  - Overcommitting to good things
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## **2. When could you realistically meet with God this week?**

### **Leader Prompt:**

“Help them get specific—days, times, places.”

### **Sample Answers:**

- Before checking my phone in the morning
  - During lunch breaks
  - Before bed instead of watching TV
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## **3. What distractions most often pull you away?**

### **Leader Prompt:**

“What competes for your attention?”

### **Sample Answers:**

- Phone notifications
  - Exhaustion
  - A packed schedule
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## **4. How can this group help you follow through?**

### **Leader Prompt:**

“What kind of support would actually help?”

### **Sample Answers:**

- Prayer

- A midweek check-in text
  - Sharing progress next meeting
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## **5. What is one step you will take this week?**

### **Leader Prompt:**

“If it’s vague, help them make it smaller.”

### **Sample Answers:**

- Set a 10-minute daily prayer time
  - Put phone in another room during prayer
  - Schedule quiet time like an appointment
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## **Closing Reminder for Leaders**

### **Key Truth:**

Jesus did not choose between mission and prayer—He lived from prayer *for* mission.

Close by praying that the group would steward time wisely and grow in desire for time alone with God.