



Thanks for checking out our sermon-based Study Guides! If you've never used our Study Guides before, you'll find some basic instructions at the end of the last page.

SERMON-BASED STUDY GUIDE
for the sermon preached on September 26, 2021
"Private Lives"- Mark 1:21-39



This series is about finding rhythm to life and not just about finding a balance. It's an important distinction as we need to live well in the tensions, not merely in the middle of them. This week we want to look at the rhythm of our private and public lives. We all inhabit two worlds: our outer, public life that everyone sees, and our inner, private life that no one sees. If we do not tend to our inner lives, our public ones can come crashing down.

Group Discussion Questions

Q - First, let's start in Scripture. Read the passage again (Mark 1:21- 39). What sticks out to you?

- Read some of the context, too (Mark 1:12-45). Does this change the understanding of the passage at all?

Q – What is the hardest part about either holding off our public demands (work, emails, social media, texts, etc.), or having to say “no” to those demands, to carve space for your inner life?

Q – What does a well-ordered, beautiful life look like? How can you recognize it?

Q – What do some of your private life practices look like?

- What does your intentional time with God look like?
 - o Where is it? What time? Do you use any resources?
- Have your practices ever changed or adapted over time?
- If it's out of rhythm, or maybe non-existent, what is one thing you can do this week to spend time, alone, with God?

Q – What are some of the practical obstacles that get in the way of private time with God?

- *Some examples might be:* kids get up too early, when I look at my phone I feel anxious about the notifications and have to look at them and then I get distracted, my emails, my days rarely follow the same schedule, have to be out of the house really early, after school activities, end of the day exhaustion, etc.

Q -- What's at stake? Meaning, if you focus too much on your outer life and your private life becomes a sinkhole, what is falling in? And vice versa. If you focus too much on your inner life, what is being neglected?

How to Use These Study Guides:

- Consider sending out the Scripture passage to your group members ahead of time.
- Begin each meeting with a short time of checking in with one another.
- You may want to begin the discussion by reading the Scripture passage together out loud, or by summarizing the passage if everyone has read it ahead of time.
- Don't feel like you need to discuss every question included in the Study Guide. Pick one or two to start with, and see how the conversation flows.
- If your group meets over Zoom:
 - o You may need to do more overt facilitating over Zoom than you would in person. Feel free to call on people to invite them to share.
 - o Try to be sensitive to attention spans over Zoom—keep the meetings shorter than they would be in person.
- Be sure to set aside time for sharing prayer requests and praying together.

Group Leader Support: Please reach out to your Campus Pastor or your Coach if you have any questions about leading your group or concerns about your group dynamic. If you have questions about or feedback on the Study Guides, please reach out to Pastor Tim or Pastor Rachel from the Group Life team.