

Practicing the Way

Week 4

5/24/26

Mark 1:21-39

The Habits of Jesus

I. How can we get unstuck and keep growing?

- A. Broken Strategies
 - 1. More Bible Knowledge
 - 2. Feel Bad and Try Harder
- B. Intentional Formation
 - 1. The Holy Spirit
 - 2. Community
 - 3. Teaching
 - 4. Practice
 - Practice is the answer

II. Jesus' Habits - Mark 1:21-39

- A. Sabbath
- B. Solitude
- C. Prayer
- D. Fasting
- E. Scripture
- F. Community
- G. Generosity
- H. Witness

III. Not a To-Do List

- A. These practices are a means to an end and the end is love.
- B. Not a measure of spiritual maturity.
- C. Training is very different from trying hard.
- D. If we are going to become like Jesus, it will require that we train.

IV. Practice for the Week: Sabbath

- A. We live in an age of exhaustion.
- B. Our worst moments are when we are stressed and tired.
- C. The Sabbath is a gift to us from God.
- D. 24 Hours to stop, rest, delight, and worship.
- E. Start Small.
- F. Do whatever makes you come alive in God.

LIFEgroup Questions:

1. What's your experience with the spiritual disciplines? What practices have you engaged with in your spiritual journey.
2. Who has most reflected God's love to you? Where did you see the life of Jesus at work in them?
3. Do you practice any kind of sabbath or day of rest? Or is this a new discipline for you?
4. What comes to mind when you think about ceasing some things and embracing what gives life?