

DISCUSSION NOTES

FEBRUARY 5, 2017

Pray and ask God to teach you, help you trust Him more deeply, & strengthen you to live what you learn.

GETTING STARTED

1. Who is the best example of prayer you personally know? What stands out about their life?

DIGGING IN

2. Read Mark 6:45-47. Make 5-10 quick observations about what is happening. This occurs “immediately” after what event? What are the disciples doing? What happens to the crowd? Can you identify 3-4 different things that Jesus does? What is Jesus desiring to do personally?
3. What was Jesus teaching the twelve disciples though his repeated times alone in prayer? What was he modeling for them about it’s importance?
4. Where else in Mark’s Gospel do we see Jesus seeking time with his Father in prayer? See Mark 1:35 and Mark 14:32-42. What is significant about the timing of each of these three events (when do they take place during Jesus’ ministry years)? What does each time of prayer have in common?
5. Read Jesus’ prayer in John 17:20-26. Where do we fit into his prayer—can you find where Jesus made it obvious you are included? How close does Jesus feel to his Father? How close does Jesus want us to be to his Father? What does this demonstrate to the watching world?

Note: The entire section in John chapters 14-17 is wonderfully encouraging and enlightening about our relationship to the Trinity— God the Father, God the Son, and God the Holy Spirit. This would be great to read and think upon this week as you consider your prayer life.

LIVING IT OUT

6. What kept Jesus centered, grounded, and refreshed in frantic and chaotic times? You would think this would have been obvious to the disciples, but (like us) they don’t seem to learn very quickly from his example. What happens when we fail to apply what we know to be true of Jesus to our lives?
7. Why is it critical for us to understand the centrality of prayer to our lives? How does prayer renew us spiritually and give us stability in the busyness of life?
8. If you *really* believed that God is personal, powerful, and present in your life, how would this impact your emotions? how would this impact your worry? how would this impact your ability to rest?
9. What are the things in your life that you use as distractions to protect yourself from being alone in solitude and silence with God? Phone? TV? People? Projects? Goals? Work? Podcasts? Books? Housework? Can you name at least one routine distraction?
10. What is one realistic goal for you this week in the area of prayer? Is there a specific day & time when you could get away with God in prayer this week with enough silence, solitude, and space to spend some quality time with your Heavenly Father? How long is a reasonable time for you? (You may have to *send everyone away* like Jesus did to get that accomplished!)