

Kingdom Identity - Abide

A disciple of Jesus Christ abides in Him through both prayer and rest.



The Transformation for Adult LifeGroups

Mark 1:35-39

January 19, 2020

TODAY'S TEXT—open your Bible, use a Bible app on your phone, or follow along below

Text: Mark 1:35-39

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.³⁶ Simon and his companions went to look for him,³⁷ and when they found him, they exclaimed: "Everyone is looking for you!"³⁸ Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."³⁹ So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

FIRST THOUGHTS

We have looked at 2 characteristics that define a disciple of Christ this month: Love and Forgiveness. Both are about our relationships with other people. Today we look at how we define our relationship with God. Jesus set the example for us in the way He related to his Father.

- Complete the following sentence: "I wish I had more time to ..."
- Do you think we live in a culture that values rest and solitude? Why or why not?

We live in an age of clutter. As believers in this busy world, it's important for us to think about how we spend our time and what we give priority to. As we walk with God, part of that walking involves prioritizing time spent alone with Him.

EXPLORE THE TEXT

> Have a volunteer read Mark 1:35-39

- After a hectic day of helping others (vv. 29-34), Jesus needed some time to be alone and pray. What do you think He prayed for?
- How did the disciples' priorities differ from Jesus' in this scene?
- According to verses 38-39, how did Jesus view His mission? Why would time with the Father be critical to fulfilling this mission?
- When it comes to your day-to-day mission as a disciple of Christ, how much of a priority is time alone with God?
- What is the greatest obstacle you face in your devotional life?
- In what ways do you feel like you are living on autopilot? How do the habits and routines you've formed keep you from resting?
- Why might our ability or inability to rest be more about what we believe than the commitments on our schedule?
- Genesis 2:1-2 tells us that God Himself rested on the seventh day of creation. Why did He rest? What does His example teach us? The Bible calls this the "Sabbath". It is more than just a day off. It is a time of resting in God.
- One of the benefits of regularly practicing Sabbath rest is that it helps us prioritize our service to God, rather than just surviving each day. How might an inability to rest influence the way you interact with other people?
- Jesus used a unique word to describe our ongoing relationship of resting and prayer with Him in John 15:4-5. Read these verses. What does the word "abide" (or "remain" in some translations) mean to you?

SUMMARIZE AND CHALLENGE

As you evaluate your day, what can you conclude are your main priorities? Starting tomorrow, what needs to change about your daily routine in order to help you prioritize your relationship with God?

Is there anything you are saying "yes" to right now out of a lack of faith or an effort to prove your value and worth? What is it?

What is one practical way you can help your family learn to prioritize time in prayer and rest with God? What do you hope will happen as a result?

PREPARING FOR NEXT WEEK

- Psalm 46:10 says "Be still and know that I am God." Will you take 15 minutes this week to stop, sit in silence (no technology), and meditate on this verse?
- Next week we will look at how God intends for His Kingdom to multiply through the making of disciples. Read Matthew 28:16-20 and Acts 1:4-8 in preparation for our discussion.

READ THROUGH THE BIBLE

19th – Genesis 47-48; Psalm 10; Luke 19 | **20th** – Genesis 49-50; Psalm 8; Luke 20 | **21st** – Exodus 1-2; Psalm 88; Luke 21 | **22nd** – Exodus 3-5; Luke 22 | **23rd** – Exodus 6-8; Luke 23 | **24th** – Exodus 9-11; Luke 24 | **25th** – Exodus 12-13; Ps. 21; Acts 1

Our Vision:

TO BE A CHURCH
FOR THE UNCHURCHED,
HERE AND AROUND THE WORLD.

Adult LifeGroups:

A GOSPEL-CENTERED COMMUNITY
THAT AIMS TO KNOW GOD TOGETHER
AND BE CHANGED BY HIM IN A WAY
THAT WILL CHANGE THE WORLD.