



Life Group Discussion Guide

April 6 – Mark 14 --- Fortified by Prayer

Life Group Leaders,

During our *100 Days with Jesus*, you will have two approach options to guide your group in studying Sunday's text. We encourage you to try both methods over the next few months.

1. **Discussion Questions** – Each week, you'll receive a set of questions related to the text. If you choose this option, feel free to select the questions that best fit your group's needs and dynamics.
2. **SEEDS Discovery Bible Study** – This method introduces a Bible study format designed to empower participants to engage deeply with Scripture. The goal is to equip your group members with a practical tool for exploring the Bible with others, aligning with our mission to *Advance the Kingdom* with Jesus.

Both options are designed to enrich your group's experience. Experiment with each to discover what works best for your group. Thank you for leading and serving so well!

Discussion Questions:

1. Read **Mark 14:32-42**.
2. Randy mentioned that "presumptions almost always precede a fall". How have you seen that in the lives of those around you or in your life?
3. Had you ever considered Jesus' human emotions and thoughts before of "Please God, let this cup pass from me."? How does this inform your faith or current situation? (*Some examples may include*)
 - a. Jesus being fully God and man.
 - b. Jesus' identification with us as humans.
 - c. Jesus becoming all sin of the world and experiencing the wrath of God.
 - d. Jesus seeing the joy set before him (your salvation).
 - e. Jesus' submission to the Father.
4. How does Jesus praying teach us about our own prayer? How would you like to emulate and depend on Jesus in your prayers?
5. How have you seen Jesus encourage you or someone you know in the fortification of faith? What was the result?

6. How does dependent prayer deliver you "through Gethsemane" as opposed to "from Gethsemane"?
7. What did you think about the concept of dependent prayer being a discipline (something I do in order to be a better partner with God) as opposed to legalism (something I do so I can impress God or gain standing with him)? What is one way you can begin to shift your prayer more toward discipline instead of legalism?
8. How are you acting as if your prayers are a protection for the people God has placed in your life? If you are not acting that way, what is one action you can take this week that would help you begin acting that way?
 - a. The goal with this answer is clarity and simplicity — a takeaway that is doable.
 - b. You may help people think about something from a SMART framework
 - **Specific:** I will pray 5 minutes a day for my family, or I will make a prayer list that I keep on my desk vs. I'm going to start praying for my family.
 - **Measurable:** How will you know you achieved your desire? You must articulate that.
 - **Achievable:** Make it realistic. If someone isn't currently praying, they likely will not start praying for an hour a day. Help them with the discipline vs. legalism of it.
 - **Relevant:** Is the action concerning prayer relevant to praying or will it make someone feel better. "I am going to pray 5 minutes a day." vs. "I am going to talk about prayer tonight and think about it this week." One is relevant to prayer, and one is not.
 - **Time-Bound:** When are you going to complete your desire concerning prayer?

SEEDS Bible Study:

The Discovery Method works most effectively in small groups of three to four people. For larger gatherings, consider breaking into smaller groups to encourage deeper discussion. Here's a simple format to follow:

- **Form Small Groups:** Divide the larger group into smaller groups of three to four people.
- **Pose Questions:** Present one question at a time for the smaller groups to discuss. Allow a few minutes for meaningful conversation.
- **Share Insights:** Invite groups to share their thoughts with the larger group, if they feel led. This step fosters collective learning and reflection.
- **Repeat for Additional Questions:** Continue the process with the next question, following the same structure.
- **Close in Prayer:** Conclude the session with prayer, either within the smaller groups or together as a large group.

This approach encourages participation, reflection, and shared learning while keeping the conversation focused and engaging.

Discussion Questions:

Share

- What are you grateful for?
- What is stressing you out?

Explore

- What stood out to you from the sermon?
- Read the text twice (Select a portion of this week's text to focus on for your group's discussion.)
- Retell the passage in your own words.

Examine

- What questions, observations, and thoughts do you have about this passage?
- What does this text say about God, Jesus, and humanity?

Do It – Either alone or with others in the group.

- If the text is true, what are you sensing God saying to you?
- Write an "I will" statement.
- What does that look like for you?

Seek God's Kingdom

- **Tell:** Is there someone in your life you can share this text/truth with?
- **Give:** Is there someone in your life that you can serve this week?
- **Pray:** Close in prayer: God, thank You for planting SEEDS in us so we can share those SEEDS with others as we Advance the Kingdom!