



# Life Group Discussion Guide

## January 5 – Mark 1

### An Introduction to Mark: The Gospel of Jesus Christ, the Son of God

#### Life Group Leaders,

During our *100 Days with Jesus* focus, you will have two approaches 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 they can use to explore the Bible with others in their circle of influence, 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:

#### Mark 1:1-8 --- John the Baptist Prepares the Way

1. What does it mean to "prepare the way for the Lord"? How might this apply to our lives today?
2. Why do you think John the Baptist's lifestyle (his clothing, diet, and wilderness setting) is significant to his ministry? Does this have any implications for us?

#### Mark 1:9-13 --- The Baptism and Temptation of Jesus

4. What is the significance of the Holy Spirit descending like a dove and the voice from heaven during Jesus' baptism? How does this moment affirm Jesus' identity?
5. Why do you think the Spirit immediately led Jesus into the wilderness after his baptism? What can we learn from Jesus' time of testing?

#### Mark 1:14-20 --- The Beginning of Jesus' Ministry

6. What does Jesus' message in verse 15, "The Kingdom of God is at hand; repent and believe the gospel" reveal about the focus of his ministry?

7. What can we learn from the calling of Simon, Andrew, James, and John? (The immediacy and cost of following Jesus, etc.) What might this mean for us today?

### **Mark 1:21-45 --- Jesus' Authority and Power**

8. Why were the people amazed at Jesus' teaching in the synagogue? What does it mean to teach with authority?
9. How does Jesus' interaction with the man possessed by an evil spirit show his authority over the spiritual realm? What implications does this have for our understanding of his power?
10. How does Jesus' healing of Simon's mother-in-law and others demonstrate his compassion? Why do you think he sometimes silenced demons who recognized him?
11. In verses 35–39, why is it significant that Jesus sought time alone to pray? How can this inform our own spiritual practices?
12. How does Jesus' willingness to touch and heal the man with leprosy demonstrate both compassion and defiance of societal norms? What can this teach us about responding to marginalized individuals?
13. Why do you think Jesus instructed the healed man to keep quiet and follow the Mosaic law for cleansing? What can we learn from the man's response?

### **Application and Reflection**

14. How does this chapter reveal different aspects of Jesus' character (e.g., authority, compassion, mission)? Which aspect stands out most to you?
15. What steps can we take in our own lives to follow Jesus' example of proclaiming the Good News, helping others, and staying connected to God through 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 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!