

These notes are designed to be used by small groups on Zoom, by members of a family or by a couple of friends on the telephone. They are based on our Sunday sermons and are designed to help us all think through the issues raised about “God in my Everything”. You will get the most out of them if you have heard the sermon first.

**Sermon Date:** Sunday 17<sup>th</sup> January 2021. David Long

## Bible Passages

Mark 1: 21 – 28 and 35 - 39

## Theme & Introduction

In the previous two sermons, Alan introduced the idea of a ‘Rule of Life’ or ‘Rhythm of Grace’. Adopting this can help us to draw closer to God. In this Sunday’s sermon, we will be looking at Jesus’ life to see if we can see any evidence of his ‘Rule of Life’.

## Questions

- 1 Have a look at Mark 1: 21 – 34. A day in the life of Jesus.  
Sunday’s sermon was all about looking at the life of Jesus in order to see what his Rule of Life was. Is it reasonable to base our rhythm of life on his? What are the pros and cons of doing that? Does Paul’s statement in 1 Corinthians 11: 1 help?
- 2 Prayer was central to Jesus life. He prayed regularly and often went to lonely places to pray (Luke 5: 16). What patterns of prayer have you found most helpful? Can you share a book or any material that has helped you?
- 3 It is unlikely that Jesus ever owned a Bible, but his life shows that he had a good knowledge of it. How can we immerse ourselves more fully in God’s Word? What might you recommend to the following groups of people?
  - Someone who has just become a Christian
  - Someone who has a family and works full-time
  - A person who has been a Christian for many years
- 4 Jesus seems to have taken part in synagogue worship on a regular basis. (Luke 4: 16) What is the point of Sabbath? In what ways can we make Sundays different, and so develop our ‘Rule of Life’?
- 5 Which of the three roots of the trellis do you think is the most important? If there was a fourth root, what do you think it ought to be?

