



LIFE GROUP PLANNING

Aim of session:

How important is it to take time out and receive refreshment from God?



Key Scriptures

If you have access to a commentary read some background to get context.

The Bible Project is a good starting point.

<https://bibleproject.com/>

Mark 6 v7-44

FOCUS: Mark 6: 30-32

Warm Up

It is often good to start with some simple warm up activities that may be linked to the passage... a game or question to reflect on.

Where is your safe place? What do you like to do to get away from it all?

How do you avoid "burn out" or being constantly on the go?

Thinking it through: Main discussion/activity

What are the surprising things in the passage? What is new? What don't you really understand? This could be a time to discuss and share reflections and ideas on the passage or watch a Bible project type video that helps explain things.

Consider the need for Time out with God

Matthew 11:28; Matthew 14: 28-29; Matthew 19:14; John 6:35 and 37; John 7:37

What is the key word or idea in each passage?

What is Jesus calling us to do? Why does he call us to do these things?

What benefits will we receive if we respond to Jesus' call to "Come"

Growing in discipleship: Practical application

Speak openly and honestly about the time you spend with God. Share your successes and difficulties. Learn from each other and support one another.

- How can you develop/ improve your "quiet time" and deepen your relationship with God?
- What practical steps can you take to support each other in your desire to deepen your relationship with God?
- How can we draw strength from God in order for us to serve Him more fully?



Try to leave 15-20 mins to talk about prayer needs of the group and to pray.

We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.