



## Spiritual Rhythms – Week Two: Recharge

- Icebreaker: How drained do you feel right now? What sorts of things drain you and how do you re-charge?
- Read Mark 1:32-38 What does this passage teach us about Jesus priorities?
- Everyone was looking for Jesus, but Jesus appears unconcerned. How concerned are you about your popularity?
- What is Jesus main motivation in this story? What sorts of things motivate us?
- In the story Peter comes looking for Jesus, are there things in our life which demand our attention which we give into too easily? What can we do about this?
- Read John 6:11-15 what causes Jesus to withdraw this time?
- How easily do you give in to other people's expectations of you? Is this a good or a bad thing?
- Luke 5:16 says Jesus often withdrew to lonely places and prayed. Do you currently have a specific time and place set aside for God?
- How do you make the most of your time with God? What has worked well for you in the past?
- David Mathis says “Prayer is a conversation we didn't start” how can we use the bible more effectively in our quiet times?

Use the acronym SMART (Specific, Meaningful, Achievable, Realistic, and Timely) to create space for God in the coming week, share with the group your plans and encourage each other through the week.