

## Questions for Individuals and small groups

- Look back at Mark 1:21-34, how do you think Jesus felt after a long day of ministry?
- What do you typically do when you are mentally, emotionally and spiritually exhausted? Do you find these things that you do actually recharge your spiritual batteries?
- Jesus got up before daybreak (at around 4am) to be alone and to and to pray. Do you find that you spend time with God more or less when you are stressed out and busy? Why?
- Jesus' disciples were clearly feeling pressure from the crowd to find Jesus. How do people-pleasing, and "the expectations of the crowd," have the potential to stress us out and to make us anxious?
- How can you become more like Jesus (less driven by the expectations of the crowd, and more driven by the expectations of the Father)?
- After spending time in prayer, Jesus decided that it was time for him to go on to other places to preach to them as well. He was focused on his calling. How does busy-ness and stress have the potential to distract us from what God is asking us to do?
- Spend some time alone with God this week. What is God saying to you at this time?