

# Questions for Individuals and Groups:

**Read again Mark chapter 5 verses 21-25 and 34-43**

- What struck you most about this story?
- What might God be saying to you through it? How will you respond?

**Reflect on the Up, In & Out Triangle**

- Up: Growing in our relationship with God
- In: following Jesus with others
- Out: engaging with a needy world

What one habit, rhythm or routine can you adopt to help you grow in one of these?

