

Jesus Centred

Week 6

BRBC Groups

February 12, 2023

Scripture | Mark 1:21-35

Ice Breaker |

1. What is a good or bad habit that you have? What is a habit that you want to develop?
2. Would you describe your life as balanced? Is balance something you strive to achieve?

Going Deeper |

1. Is there anything that stood out to you from Sunday's message, or do you have any questions?
2. What is one regular rhythm or practice that you do that brings you life?
3. Read Mark 1:21-35
4. Is there anything you find surprising in this passage?
5. Why do you think Jesus started his ministry by teaching in a synagogue?
6. What two things about Jesus amazed the people? Why?
7. Why do you think there is a distinction between healing physical ailments and exorcising demons? Do you think both of these realities still apply today? Why or why not?
8. What does Jesus demonstrate in verse 35? How might it demonstrate a healthy perspective on life?
9. How do you withdraw to connect with God?
10. In this week's message, Rob spoke about how finding balance is not biblical, but Jesus demonstrated healthy rhythms in his life that we can emulate. What do you think about that?
11. What rhythms do you have in your life to help you stay healthy (mentally, emotionally, physically and spiritually)?
12. What rhythms would you like to develop? How will you go about doing that?
13. How can we encourage each other to pursue healthy rhythms in life?