



Huddles

Book of Mark, Week #3

Learning to love and follow Jesus—together—by His strength, in every day life.

What are huddles at Foundations?

- Groups of 3-8 people (or 3-4 couples) that meet for one hour per week at a time and location of your choosing. Larger groups should plan for 75 minutes.
- Huddles last for 8 weeks. At the end of each 8-week session, you can keep your group, add to your group or even change groups & topics.
- While gathering on Sunday is vital to spiritual growth, so is connecting with others to encourage one another, discussing what it means to follow Jesus and praying for one another. These practices are detailed in our RHYTHMS course (which is not necessary to take part in huddles, but highly recommended).

Our Mission is to bring the extraordinary life-changing message of Jesus Christ to a lost and broken world.

- Huddles are one way we prepare to do this very thing, and we can't do that unless our lives are being transformed by Him.
- Hence, the goal of every session is that you will grow more like Jesus in some small way.
- In order to do this, we will focus on God's Word, encourage one another and commit to praying for one another.
- Each week, there are individual rhythms we encourage that will help you "love and follow Jesus."
- Similarly, there are corporate rhythms that help us in our spiritual formation.
- Consistent practice of these rhythms is part of the holistic development of disciples, and this booklet is designed to touch on that development.
- This holistic framework will give structure to your meeting time.

The individual rhythms overview (for those that haven't taken the Rhythms course):

Prayer: Talking to God and listening to Him via His Word, His Spirit-Filled people and His creation. If you don't know how to pray, a good start is the Lord's Prayer in Matthew 5.

Abide in the Word: Reading the Bible, prayerfully, asking God to show you what He wants for you. A good practice is to read with a pen & journal to write your thoughts as He leads them.

Silence: choosing to avoid speaking in order to listen to what He might want to say to us. Another **Solitude:** avoidance of interaction with others in order to be alone with Him. Silence enhances this.

Reflection (especially effective at the end of the day, maybe before sleep): Take some time in stillness to experience His presence, tell God things you're thankful for, make note of where you experienced Him today--or where you didn't—and note instances of loving your “neighbor” well—or failure to do so. Ask God for what He may want for you in the day tomorrow.

Other rhythms that will likely be practiced less frequently: Fasting (food; if there's an area you are seeking specific guidance); giving joyfully (financially as an act of worship) and rest (setting aside time to enjoy your life and choosing to refrain from work)

The corporate rhythms overview (for those that haven't taken the Rhythms course):

Worship gathering: A time for our family to be together to participate corporately in the rhythms of worship together.

Participation in community: A time to engage in huddle, as well as other forms of being together as a church family (such as concerts, conferences/classes, events, etc.)

Lord's Supper: A chance for our family to reflect on the person and work of Jesus and look forward in hope to His coming again in a symbol of eternal unity.

Baptism: A one-time action of a declaration of faith in Christ. It is our hope that everyone be baptized, as well as choosing to enjoy the celebration of others who choose to do so.

Using your gift to serve the Body: We have been given a gift to help the body of Christ come to maturity in faith, and we benefit by your presence.

Having a ministry of love for neighbor: We choose to exemplify the abundant life in order to fulfill our mission of bringing the extraordinary life of Jesus Christ to a lost and broken world.

Weekly Rhythms: Book of Mark

Day 1

Prayer--see prayer slide for day one

Time in the Word—see the time in the word slide for day one.

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 2

Prayer--see prayer slide for day two

Time in the Word—see the time in the word slide for day two

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 3

Prayer--see prayer slide for day three

Time in the Word—see the time in the word slide for day three

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Weekly Rhythms: Book of Mark

Day 4

Prayer--see prayer slide for day four

Time in the Word—see the time in the word slide for day four

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 5

Prayer--see prayer slide for day five

Time in the Word—see the time in the word slide for day five

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 6

Prayer--see prayer slide for day six

Time in the Word—see the time in the word slide for day six

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Prayer, Day 1

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.

- If you are new to prayer, or struggle with focus, you may want to pray aloud the following prayer from 6th century Celtic prayer guides:

O Lord,
in the name of Jesus Christ your Son our God,
give us that love which can never cease,
that will kindle our lamps but not extinguish them,
that they may burn in us and enlighten others.

O Christ, our dearest Savior,
kindle our lamps,
that they may evermore shine in your temple,
that they may receive unquenchable light from you
that will enlighten our darkness,
and lessen the darkness of the world.

Lord Jesus, we pray,
give your light to our lamps,
that in its light
the most holy place may be revealed to us
in which you dwell as the Eternal Priest,
that we may always see you,
desire you, look on you in love,
and long after you;
for your sake. Amen.

Time in the Word, Day 1, Mark 5: 1-20

- Background & Insights on the Reading:
- The possessed man lived among the tombs, likely because the areas outside the town such as caves were natural burial places & this would provide an outcast shelter.
- Pigs, considered unclean by Jewish people, were the economic livelihood for that community.
- Questions for Reflection:
- What do you notice about the reaction of the demon possessed man? Why do you think he reacted that way?
- Contrast that with the reaction of the herdsmen. Why did they react that way? What does that say about their priorities?

Prayer, Day 2

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.

- If you are new to prayer, or struggle with focus, you may want to pray using the Lord's Prayer as an outline for your own words to express...

Tell God how thankful you are for the privilege of calling the King of Kings "our Father," & that He listens and hears.

God is worthy of honor and worship

We should acknowledge that things on earth are not what they are supposed to be, and that we should ask God to be aware of His presence and strive to see what He wants this world to be. We should let others see His Kingdom by how we live.

We should be thankful that He provides our basic needs.

We should pray for forgiveness and forgive others

We should name our weaknesses and our temptations, and for the Spirit to strengthen us. We should close with praise.

Time in the Word, Day 2, Mark 5: 21-43

- Background & Insights on the Reading:
- Obviously, Jesus was asked to leave the previous area and now is on the other side of the lake.
- Jesus was teaching and was interrupted by a layperson that worked at the temple.
- Notice Mark's fast-paced style. One event to the next very quickly.
- Also notice the faith of those seeking out Jesus for help & healing.
- Questions for Reflection:
- What do you think Jesus' ability to perform healing miracles resulted in for those watching them take place? How, if at all, might their lives have been changed?
- What do you notice about the reaction of the woman, the girl, and the crowds?

Prayer, Day 3

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to pray using the ACTS method as an outline for your own words to express...
- Adoration (a time of worship): don't be afraid of "artistic expressions" here, or to use Psalms or hymns or other forms of praise.
- Confession: We all fall short and miss the mark. Confession of sin helps us our relationship to God.
- Thanksgiving: Simply tell God what you're thankful for.
- Supplication: Asking God for needs of the world, our country & leaders, our church, and anything and everything else. God wants to hear from you.

Time in the Word, Day 3, Mark 6: 1-6

- Background & Insights on the Reading:
- One thing to look for in this section is the consistent rejection of Jesus by the people.
- Jesus is back in his hometown. Even though He was born in Bethlehem, he regarded Nazareth as His home.
- There is a custom that visiting rabbis could “guest teach” in synagogues.
- Questions for Reflection:
- Why might the local people in the town where Jesus grew up have the reaction they did to His teaching?
- What do you think was the major cause of their unbelief?

Prayer, Day 4

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to pray using the breath method to pray:
- Simply take a Psalm and breathe in as you read the first line, and then exhale on the second.
- Take deep, long, slow breaths.

You can also do this with just one verse of Scripture, and almost every Psalm can be done this way. Try to focus on the ones that focus on God and/or resonate with where you are at the moment.

Time in the Word, Day 4, Mark 6: 7-13

- Background & Insights on the Reading:
- Jesus had been preparing the disciples in many ways. They'd heard Him teach, seen Him perform miracles and walked alongside Him. Now it's time for them to be sent out. The Greek word for "sent" carries with it the idea that they are "official" representatives of Jesus.
- Questions for Reflection:
- Notice the amount of trust in God required as they were sent out. How does this give insight into how we should trust Him?
- How do you think the disciples lives were changed because now they are actually a part of how God is healing and performing miracles?

Prayer, Day 5

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to simply pray using a Psalm...they are really great prayers! Find one that you resonate with, and pray it aloud:
- Simply take a Psalm, and this week you might want to go with Psalm 55
- Pray aloud, even if in a whisper, slowly and with concentration on the words.
- Try to be attentive to the thoughts that come to mind and discern if those may be something God is trying to tell you.

Time in the Word, Day 5, Mark 6: 14-29

- Background & Insights on the Reading:
- Remember the history of Jesus & John the Baptist. In the womb, John leapt for joy at hearing Mary's voice. John baptized Jesus. They were family. They'd grown up together.
- John was in prison for criticism of the king for marrying his brother's wife.
- Needless to say, the wife had influence over her daughter's decision as she was also being criticized.
- Questions for Reflection:
- What do you observe about the popular opinions about Jesus? How are they similar to how people view Jesus today? How are they different?
- What do you notice about Herodias' reaction to who Jesus was in light of this story?

Prayer, Day 6: A Time for Reflection

Traditional time of Examen	A Few Thoughts on This Method
<p>This is a version of the five-step Daily Examen that St. Ignatius practiced.</p> <ol style="list-style-type: none">1. Become aware of God's presence.2. Review the day with gratitude.3. Pay attention to your emotions.4. Choose one feature of the day and pray from it.5. Look toward tomorrow.	<ol style="list-style-type: none">1. Breathe & slow down. Ask God to make you aware of His presence and to bring to mind moments of your day to focus on.2. Walk through your day and give thanks for areas where you saw God "show up" and for His blessings.3. The things you feel when you review often highlight areas where God wants you to focus and what he wants to teach you. Often this results in confession when you see your emotions out of line with walking in the Spirit.4. Ask God to show you moments where you loved others well (or, conversely, He may bring to mind an area you didn't). Give thanks or ask forgiveness as warranted.5. Think through your day tomorrow and ask God what He may be calling you to do or be in the upcoming day.

Time in the Word, Day 6, Mark 6: 30-56

- Background & Insights on the Reading:
 - There were likely triple or quadruple the number in the crowd of 5,000 (notice that it was just the men that were counted. Women & children would likely have been there).
 - The “loaves” were flat, round breads about 8” in diameter.
 - Jesus likely stayed behind to calm the crowd down. They wanted to make Him king at that moment, and He likely wanted to quell that drive.
 - The walking on water was visible likely only to the disciples. Notice that now the narrative shifts to more private insights for the 12 rather than the crowds.
- Questions for Reflection:
 - Notice that after a busy season in ministry, they took time to rest. How might you find time to prioritize rest? What does rest look like for you?
 - Why do you think there were exactly 12 baskets of food leftover?
 - What might the cumulative effect of seeing all these miracles have had on the disciples? What about the desire of the crowd to make Jesus king? What might this have done to their understanding of a messiah?

Huddle Meeting: (suggested time = 30 mins)

General Check-In (10 minutes)

Describe your sleep habits this week.

Describe your dietary habits this week.

Describe your exercise habits this week.

Describe your development in intellectual curiosity this week (keeping up with current events, artistic endeavors, learning new skills, hobbies, etc)

Emotional Check-In (10 minutes)

Using the SACHET wheel, describe how you're doing emotionally right now. You may want to write down some of these to pray for your huddle during the week.



Rhythms Check-In (10 minutes)

Describe your experience with the individual rhythms this week.

Describe your experience with the corporate rhythms this week.

How can the huddle encourage you this week in these areas? Or...

...How can you encourage the huddle this week in these areas?

Huddle Meeting: Discussion for Growth

10 Minutes:

What is something you feel God truly taught you this week?

20 Minutes (based on Mark 5 & 6):

Jesus revealed more and more of Himself and the Kingdom mindset to the disciples over time. How has your understanding of who Jesus is and how you fit into His plan changed over time?

How do you think you could intentionally implement the idea of true rest into your life?

Regardless of your faith level, if you were to make any changes in your life based on what we read this week, what would that look like?

Additional Helps & Resources:

<https://www.planobiblechapel.org/tcon/notes/html/nt/mark/mark.htm>

This is an excellent resource from a Dallas Seminary professor who taught all the books of the Bible in his career. They are Dr. Tom Constable's class notes. Very academic, but free & very insightful.

https://www.amazon.com/Mark-Study-Guide-Company-Through-ebook/dp/B08NHWL445/ref=sr_1_1?dchild=1&keywords=jeff+manion+mark&qid=1632338173&sr=8-1

This is a short six-session study guide on the book of Mark by Jeff Manion. It's a 40-day glance that this study we're undertaking is patterned after. Jeff is pastor of Ada Bible Church in Michigan.