



# Huddles

## Book of Mark, Week #5

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 Paul's letter to the Colossians:
- If you are new to prayer, or struggle with focus, you may want to pray using Paul's prayer of thanksgiving for others as an example (Colossians 1:3-12): You can use this to pray for yourself and for others.
  - Be thankful for their faith and changed lives (1:3-4).
  - Ask God to help them know what He wants them to do (1-9).
  - Ask God to give them deep, spiritual understanding (1:9).
  - Ask God to help them live for Him (1:10).
  - Ask God to give them more understanding/knowledge of Himself (1:10).
  - Ask God to give them strength and patience for endurance (1:11).
  - Ask God to fill them with joy, strength and thankfulness (1:11,12).

# Time in the Word, Day 1, Mark 9: 1-29

- Background & Insights on the Reading:
  - Verse 1 likely refers to the event that transpires in vv. 2-13.
  - The appearance of Moses and Elijah likely represent the Law & the Prophets, which Jesus consistently mentioned that He was the fulfilment of both.
  - God spoke the same words at Jesus baptism.
  - Note that the disciples were continually struggling with the idea of the Messiah having to die. Again, they were familiar with a suffering Messiah, but always seemed to have difficulty when Jesus mentioned His impending death.
  - The healing of the possessed man highlights the confrontation of Jesus & demonic powers...which Jesus proves he has authority over.
- Questions for Reflection:
  - Why do you think that only Peter, James & John got to see this event while the other disciples were excluded?
  - Why do you think Jesus told them not to tell the others what they'd experienced?
  - The resurrection of Jesus is a key part of the "good news" message. It's often hard for us to grasp in this day and age. How is this the same as the disciples struggling to grasp it?
  - How do you feel when reading these stories of Jesus' miraculous healings, especially the demonic elements? Why do you think you feel like this?

# 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 9: 30-41

- Background & Insights on the Reading:
- This is the 2<sup>nd</sup> of 3 cycles (one in chapter 8 and one in chapter 10) where Jesus tells of His death, the disciples respond with ignorance/pride, and Jesus reminds them to be humble and serve as they lead.
- Jesus is now on His way to Jerusalem for the last week of His life.
- Jesus is focusing His teaching almost exclusively for the 12 disciples.
- Questions for Reflection:
- What are some ways that we don't understand Jesus but are afraid to ask?
- Why do you think it is so difficult to put v. 35 into personal practice in our lives?
- What are some ways we can do small acts of kindness in Jesus name in our daily lives?

# 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 9: 42-49

- Background & Insights on the Reading:
- Remember, Jesus is focusing His teachings on the 12 disciples as He prepares them for His death & resurrection that would occur in the next week.
- He knows they are going to be tempted greatly during this time and so He talks about temptation in these verses.
- He focuses on not causing others to stumble, followed by ensuring that we take great measures to prevent falling into sin ourselves.
- Question for Reflection:
- On a scale of 1-10, how seriously do you think you take personal sin? Why did you answer the way that you did?
- Salt was often used in purifying the sacrifices Israel would make, hence taking the covenant with God seriously. How seriously do you take your relationship with God these days?
- The “salt” of the sacrifice would result in unity among followers of God. Is there someone you need to repair a relationship with? If so, who & when will you attempt to do so?

# 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 10: 1-16

- Background & Insights on the Reading:
- The Pharisees were not actually looking for Jesus' insights on divorce here. They were trying to trap Him.
- Likely, they were hoping that He would offend the governor of the area...who had John the Baptist killed for criticizing His divorce and remarriage.
- Jesus mentioned the “hardness of hearts” as the reason God allowed for divorce. It's a result of not wanting to do what God says to do: rebellion against Him. Rather than talk about the legitimacy of divorce, Jesus chooses to talk about what God really wants in marriage.
- Questions for Reflection:
- Does this passage provide any new insight into your views on marriage & divorce? If so, how?
- In what ways do we allow our “hearts to harden?” How do you think this connects with us choosing to rebel against God?

# 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 choose a Psalm, 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 10: 17-45

- Background & Insights on the Reading:
- Notice the good activities of the young man. He claimed to obey the word of God, but Jesus went a little deeper into His heart rather than the actions.
- In the next verses, Jesus predicts His death & resurrection a third time in three chapters.
- Remember, the disciples tend to respond to this message with pride. Here, the brothers want to use the occasion to garner favored positions in the Kingdom administration rather than to fully understand the depths of Jesus love for the world (and them) by His sacrificial death & eventual resurrection.
- Questions for Reflection:
- In what ways do we tend to focus on the outward actions in our lives rather than the heart behind our actions? Can you think of a specific example?
- By almost any measure, Americans are “wealthy.” How do you think this affects our spiritual life?
- In what ways does the resurrection of Jesus influence your daily life?
- What are some ways you can serve others today?

# 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"><li><b>1. Become aware of God’s presence.</b></li><li><b>2. Review the day with gratitude.</b></li><li><b>3. Pay attention to your emotions.</b></li><li><b>4. Choose one feature of the day and pray from it.</b></li><li><b>5. Look toward tomorrow.</b></li></ol>	<ol style="list-style-type: none"><li>1. Breathe &amp; slow down. Ask God to make you aware of His presence and to bring to mind moments of your day to focus on.</li><li>2. Walk through your day and give thanks for areas where you saw God “show up” and for His blessings.</li><li>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.</li><li>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.</li><li>5. Think through your day tomorrow and ask God what He may be calling you to do or be in the upcoming day.</li></ol>

# Time in the Word, Day 6, Mark 10: 46-52

- Background & Insights on the Reading:
- Jericho is about 15 miles from Jerusalem. Remember, this is the last week before His death & resurrection. He & the disciples are heading to the city to celebrate the Passover.
- Jesus' popularity remains high at this time among the common people He has been serving and teaching and healing.
- A blind man searching for help on a main road is a good strategy, especially during a week when so many people will be coming to Jerusalem. It may have been busy and the crowds large, but Jesus took the time to minister to the down & out.
- Questions for Reflection:
- Have you ever asked yourself what you want Jesus to do for you? What might your answer be this week?
- How might you be attentive to the people you might not ordinarily pay attention to in order to serve them & their needs this week?

# 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 9 & 10):

What are some practical ways you might highlight the seriousness of sin in your own life this week? What steps might you take to strive to overcome one sin this week?

Is there an area that is hindering you from wholeheartedly following Jesus? How can the others in this huddle encourage you in pursuing Him fully?

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](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.