



Huddles

Book of Mark, Week #7

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 (Week 7, David & Bathsheba)

- 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 St. Augustine:

Lord Jesus, let me know myself and know you, And desire nothing, save only you.

Let me hate myself and love you. Let me do everything for the sake of you.

Let me humble myself and exalt you. Let me think of nothing except you.

Let me accept whatever happens as from you. Let me banish self and follow you,

And ever desire to follow you. Let me fly from myself and take refuge in you,

That I may deserve to be defended by you. Let me fear for myself, let me fear you,

And let me be among those who are chosen by you.

Let me be willing to obey for the sake of you. Let me cling to nothing, save only to you,

And let me be poor because of you. Look upon me, that I may love you.

Call me, that I may see you,

And for ever enjoy you. Amen

Time in the Word, Day 1, Mark 13: 1-23

- Background & Insights on the Reading:
 - Chapter 13 is still in the final week of Jesus life.
 - Jesus has been in a public back & forth with the religious leaders (trying to trap him) and seemingly bettered them. Now he will publicly pronounce judgment on these temple leaders. One can imagine how, after turning the tables over earlier in the week, this will virtually ensure his arrest & punishment.
 - This temple had been enlarged & was wildly popular with the people. Jesus announced he'd make it rubble.
 - Jesus also predicts that the disciples will be persecuted, and speaks on the end times.
- Questions for Reflection:
 - As one of the disciples noted the beautiful grandeur of the Temple, Jesus said it would become rubble. How do you think the disciples would react to this? What about the Jewish leaders listening in?
 - Why do you think so many people are fascinated by end-times discussions?
 - As they hoped Jesus would come into His Kingdom, the disciples expected roles as His "cabinet." How do you think they would've felt hearing that they'd wind up being persecuted?
 - Why do you think Jesus told the disciples about the "abomination of desolation?" (This is an admittedly difficult portion of the Bible to accurately interpret)

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 13: 24-37

- Background & Insights on the Reading:
 - Jesus tells the disciples the plan for His return & establishment of His formal kingdom. This would've been information they'd have to calibrate with their view of the Messiah's return they'd known their entire lives from the prophets they'd studied.
 - Jesus again uses the analogy of a fig tree.
 - Jesus highlights the reality that a clear understanding of the end times isn't how we should focus. Rather, we should be busy about the work of the Kingdom to prepare people for it's coming. It's a subtle nuance, but it helps us stay focused on what we can do.
- Questions for Reflection:
 - Knowing that the things Jesus mentioned here haven't taken place yet, what can we be doing to establish Kingdom values where we can while we wait on His return? (both as an individual and as a church body)
 - How does the reality that Jesus' words will always come to pass encourage you? How can this reality discourage you?

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 14: 1-9

- Background & Insights on the Reading:
- We now learn that the plot to arrest Jesus is underway.
- Jesus went to the home of Simon, where He is anointed with oil (almost a full year's wages) much to the chagrin of Judas, who viewed this as a waste. Jesus saw this as an act of worship.
- Question for Reflection:
- Jesus was popular among the people. Why do you think that He was, especially given that the religious elite despised Him? What might this tell you about the leaders and their ability to lead the people?
- The woman gave joyfully and sacrificially. How should this guide our worship through our giving?

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 14: 10-21

- Background & Insights on the Reading:
 - Judas has now joined in the plot to have Jesus arrested.
 - We are now on Thursday in this extended account of the events that led to Jesus' arrest & crucifixion.
 - The disciples were sent to get a room prepared for the Passover meal.
 - Jesus announced to the group (during the meal) that one of the group members would betray Him. This created a curiosity amidst the group as to who it would be.
- Questions for Reflection:
 - What do you think Judas' motivation to betray Jesus truly is? Was it only about money to him? Were there other factors that might've led him to betray Jesus?
 - What does it tell you about human nature when you realize that those closest to Jesus were wondering if they'd be the one to betray Him?

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 14: 22-42

- Background & Insights on the Reading:
 - Jesus took bread and gave thanks for it. After they took it, he did the same thing with wine. Jesus told them that the bread was symbolic of His body, and the wine was symbolic of His blood. He told them He would not drink wine again until He did it with them in the Kingdom.
 - They went out of the room and sang songs of praise together.
 - Peter declares that he won't ever betray Jesus. Jesus tells him that He will betray him 3 times before the sun comes up. All the disciples profess their allegiance to Jesus.
 - Jesus asked them to pray with Him in the garden. They fell asleep on three different occasions, and Jesus' captors came to arrest Him after the third incident.
- Questions for Reflection:
 - In what ways are we similar to the disciples in that we make promises to God that are sincere and well-intentioned, but yet we "fall asleep" when trying to fulfill them?
 - When we celebrate the Lord's Supper in our worship gathering, what does it mean to you personally? Will that change for you now that you know the story behind it and that it has been practiced by believers for two centuries?
 - How does looking forward to the Kingdom and partaking of wine with Jesus influence how you live right here, right now?

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 14: 43-73

- Background & Insights on the Reading:
 - Jesus is arrested, and Peter (likely trying to prove he would never betray Jesus) attacks one of the servants of the arrest party and cuts off his ear.
 - Jesus disciples all fled the scene to avoid arrest as well.
 - Jesus is put on trial in front of the Jewish tribunal, called the Sanhedrin. They have false witnesses whose stories don't line up. Jesus' silence is met with frustration from the judges, and eventually the high priest enacts a rule that requires the witness to testify against Himself. Jesus says He is the Son of God, and the priest charges Jesus with blasphemy—a capital offense.
 - Peter does indeed betray Jesus three times before the sun comes up.
- Questions for Reflection:
 - What are some ways in which we “flee” from Jesus when times are difficult? How might we learn to stand more firm?
 - How do you feel when you read the account of false witnesses, legal wrangling & injustices against Jesus? Is this similar or different to how you feel about injustices in our day? Why did you answer the way you did?
 - Notice Mark's account leaves out a lot of detail that is covered in other narratives in the Gospels. Why do you think that is?

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 13 & 14):

Jesus had to help the disciples “re-frame” their view of the Messiah and how His Kingdom would be ushered in. Earlier in the ministry, Jesus taught the to pray “Thy Kingdom come, Thy will be done.” What are some practical ways we can live out the “will” of the Kingdom until the Kingdom does “come?” In other words, how do we model Kingdom values in our time & in our place?

What does the practice of the Lord’s Supper mean to you personally? Especially noting how we currently practice it.

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.