



Huddles

Book of Mark, Week #8

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 Ephesians 3:

For this reason, I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Time in the Word, Day 1, Mark 15: 1-15

- Background & Insights on the Reading:
- Chapter 15 begins after Jesus' arrest in the garden. The religious leaders of the day hatched a plan to put Him to death. However, they needed the government's assistance to put Him on trial and sentence Him. The Sanhedrin lacked that ability. They only had jurisdiction in the religious realm.
- In chapter 14, Mark focused a great deal on the betrayal of Peter. Peter had denied Christ three times, just as Christ predicted he would.
- The religious elite didn't pursue the religious crime of blasphemy, but decided to get the civil authority involved with a case for treason.
- Mark gives a brief summary of the trial, while the other gospel writers provide more detail. For our purposes here, we'll stay focused what Mark focused on.
- Questions for Reflection:
- It seems clear that Pilate didn't fully understand what he was asking Jesus when he asked if he was "king of the Jews." Jesus' response hints at the idea that He was the King of the Jews, but that would be different than how Pilate meant it. What are some ways we can grow in our understanding of precisely who King Jesus is?
- Pilate was amazed that Jesus didn't respond to the accusations against Him. Pilate likely assumed there was something special about Jesus. What are some things you've seen in Jesus that lead you to believe there's something special about Him?
- The crowd chose the insurrectionist over the "treason." In what ways do we tend to choose the "world" over the "spiritual?"

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 15: 16-32

- Background & Insights on the Reading:
- Mark gives a brief summary of the trial, while the other gospel writers provide more detail. For our purposes here, we'll stay focused what Mark focused on.
- Pilate makes a very political move and releases Barabbas instead of Jesus. He is very pragmatic here in going along with the crowd on a highly charged week in Jerusalem.
- “Flogging” doesn’t convey the brutality of what transpired. People sometimes died from Roman flogging.
- Jesus is not only mocked but subjected to more physical torture.
- The execution took place outside the city. Mark tells us Jesus was crucified and that people mocked Him on the cross and gambled for His clothes.
- Questions for Reflection:
- What thoughts and emotions do you experience when you slow down and read these passages about how Jesus was treated?
- This event took place on a Friday. Why do you think we call this “Good Friday” with all the humiliation Jesus suffered?

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 15: 33-41

- Background & Insights on the Reading:
- Supernaturally, the skies darkened. Mark records only one of the statements Jesus made on the cross (there are 7 total statements made on the cross in all the Gospels). Mark records the one about a suffering Messiah.
- Jesus died after roughly six hours on the cross. Each Gospel account mentions the temple veil being torn.
- The men abandoned Jesus, but the women watched from a distance. They would become eyewitnesses to the death and resurrection.
- Question for Reflection:
 - How does the phrase “suffering Messiah” create in you a greater appreciation for the work Jesus did on the cross for you?
 - When you think of the veil being torn (obviously symbolic of God now being approachable by everyone rather than only a certain class of priests), do you make the most of being able to approach God directly instead of through a pastor or other religious leaders?

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 15: 42-47

- Background & Insights on the Reading:
 - The burial of Jesus is an important part of the story because it affirms that Jesus was physically dead. He wasn't in a coma or anything like that so as to disprove anyone who says that Jesus didn't really die.
 - Generally, Romans didn't allow for burial as leaving criminals on the cross served as a greater reminder to others. However, there was consideration given to Jewish people as the Romans were aware of Jewish religious burial traditions and allowed them to continue.
 - The burial took place at a tomb designed for a family but was unused by Joseph. Note again the women were close eyewitnesses to the burial.
- Questions for Reflection:
 - What do you think Mary, Jesus' mother, was experiencing? Keep in mind she'd been told by an angel that she would be the mother of the Messiah, seen His life, seen His growth, heard prophecies about Him, seen miracles by Him and heard teachings by Him. And now this.
 - When you think that it's our sin that Jesus was paying for, how might this passage encourage our worship of 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 16: 1-8 (ending)

- Background & Insights on the Reading:
 - After the sabbath observation was over (around 6PM Saturday), the women purchased spices and oils to prevent the odor of a dead body. This was an act of devotion. They were concerned with how they might get into the tomb given the large stone was there.
 - Once there, an angel communicated to the women that Jesus was risen. They were, unsurprisingly, dumbfounded.
 - Notice they were to tell “the disciples AND Peter.” This special mention for Peter reminds us that Peter likely was taking this hard due to the betrayal, and God deeply cares about him.
 - Interestingly, some scholars say the book of Mark ends after verse 8. There is some belief that this account was not to end here but the original ending was lost before scribes could copy it over and over. The verses 9-19 were likely added by church historians a short time later.
- Questions for Reflection:
 - The historical resurrection (after the emphasis by Mark to highlight that Jesus was truly dead) can leave us “dumbfounded” as well. What might you say if someone were to ask you if you REALLY believe that Jesus rose from the dead?
 - Since Jesus rose from the dead, what difference does it make in your day-to-day life?
 - God shows great forgiveness to Peter (which we see in the other accounts of the resurrection) here. What do you think Peter felt when he heard the women tell him this?

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> <p>1. Become aware of God's presence.</p> <p>2. Review the day with gratitude.</p> <p>3. Pay attention to your emotions.</p> <p>4. Choose one feature of the day and pray from it.</p> <p>5. Look toward tomorrow.</p>	<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 16: 9-19 (ending 2)

- Background & Insights on the Reading:
 - After the sabbath observation was over (around 6PM Saturday), the women purchased spices and oils to prevent the odor of a dead body. This was an act of devotion. They were concerned with how they might get into the tomb given the large stone was there.
 - Once there, an angel communicated to the women that Jesus was risen. They were, unsurprisingly, dumbfounded.
 - Notice they were to tell “the disciples AND Peter.” This special mention for Peter reminds us that Peter likely was taking this hard due to the betrayal, and God deeply cares about him.
 - Interestingly, some scholars say the book of Mark ends after verse 8. There is some belief that this account was not to end here but the original ending was lost before scribes could copy it over and over. The verses 9-19 were likely added by church historians a short time later.
- Questions for Reflection:
 - Most scholars believe this section was added later by other writers. However, if it should be included in the account, how do you think Mary would've felt NOW after hearing all the things we mentioned earlier as well as seeing Him appear alive again?
 - How do you think the disciples would've felt?
 - How might you go about telling others about this story? Clearly, we're supposed to tell others, but HOW do you do this in your day-in, day-out life?

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 15 & 16):

What practical difference does the reality that Jesus rose from the dead make in your life?

In light of this, how can we live a lifestyle of worship for what Jesus did for us?

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.