



MARK

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# GETTING STARTED

## WHAT IS JESUS XP?

Jesus XP is a group based, Jesus centered discipleship experience. Together, groups explore the ways Jesus connected with God and others by reading The Gospels, discovering practices that center us in the Jesus way and learning how to apprentice with Jesus in everyday life.

## WHAT HAPPENS DURING A JESUS XP SESSION?

Jesus XP sessions include the following: check in, Bible reading and practice. The check in creates space for participants to unpack what Jesus is inviting them into through the Bible reading and practices. The Bible portion helps participants immerse themselves in the words and ways of Jesus. And practice exploration provides participants with tangible ways to connect with God, themselves and others.

Come, follow me...

**JESUS**

## 7 MARKS OF A JESUS APPRENTICE

WHAT JESUS DOES	WHAT JESUS APPRENTICES DO
<p>Jesus lives in loving union with the Father and Spirit, and follows the leading that they provide.</p> <p>Luke 4:1, Mark 14:36, John 17:4, John 20:21</p>	<p><b>FOLLOW JESUS WHEREVER HE LEADS.</b></p> <p><i>What is Jesus saying to you?</i></p> <p><i>What are you doing about it?</i></p>
<p>Jesus embodies forgiveness throughout his life, death and resurrection.</p> <p>Luke 7:48, Luke 23:34, John 21:1-13</p>	<p><b>COMMIT TO FORGIVENESS IN ALL YOUR RELATIONSHIPS.</b></p> <p><i>What do you need to confess?</i></p> <p><i>Who do you need to forgive?</i></p>
<p>Jesus has a rhythm of connecting and gathering with a wide variety of people.</p> <p>Mark 2:15-17, Luke 4:16</p>	<p><b>COMMIT TO COMMUNITY.</b></p> <p><i>Where are you gathering together with those who are not yet on the mission and sharing your story along the way?</i></p> <p><i>Where are you gathering together with other believers?</i></p>
<p>Jesus regularly demonstrates what God's kingdom is like, and its arrival, by meeting the needs of those he encounters.</p> <p>Matthew 15:29-39, Mark 10:46-52</p>	<p><b>LIVE GENEROUSLY.</b></p> <p><i>Are you meeting real needs in practical ways?</i></p> <p><i>Are you sacrificing your resources to move the mission forward?</i></p>

**WHAT JESUS DOES** | **WHAT JESUS APPRENTICES DO**

Jesus treats everyone he meets as dearly loved children of God, and says that when we serve others we are serving him.

Mark 12:31, Matthew 25:35-40

**SEE THE FACE OF JESUS IN EVERYONE YOU MEET.**

*Who is Jesus leading you to love outrageously?*

*Who can you show unexpected compassion to?*

Jesus' life is fully given to God's mission of love and redemption.

John 1:14, John 4:34, Luke 19:10

**REORDER YOUR LIFE AROUND THE MISSION.**

*How are you rearranging your calendar to move the mission forward?*

*How are you giving your time to make a difference?*

Jesus invites people to follow him into all of life, and asks his followers to extend that same invitation to everyone they meet.

Mark 1:16-17, Matthew 9:9, Matthew 28:18-20

**BRING SOMEONE WITH YOU ON THE MISSION.**

*Who are you pointing to Jesus? What is Jesus saying to them; What are they doing about it?*



# THE GOSPEL OF MARK

After the martyrdom of Peter in the mid-60s AD, the church in Rome asked Mark to put into writing the accounts of Jesus' life and teachings that Peter had delivered orally. As a result, Mark became the first to compose what is known as a "Gospel," a written account of Jesus' life, teachings and ministry of salvation. Written to encourage the early followers of Jesus in Rome, Mark demonstrates that Jesus is Israel's Messiah who inaugurates God's kingdom through his suffering, death, and resurrection.

## JESUS THE MESSIAH

Mark helps his readers see that Jesus did not arrive unannounced or unexpected. The Old Testament prophets had clearly predicted the coming of a messiah sent by God, who would offer salvation and eternal peace to Israel and the entire world (Mk 1:1-3). Mark begins his Gospel account with John the Baptist, who announced that the long-awaited Messiah had finally come and would soon be among his people. (Mk 1:7)

## RECOMMENDED RESOURCES

As you prepare to apprentice with Jesus while reading through Mark's gospel, here are a few recommended resources that you may want to utilize.

### THE BIBLE PROJECT, BOOK OVERVIEW FOR MARK



### MARK FOR EVERYONE, N.T. WRIGHT



# SESSION 01



# CHECK IN

## OPTION 01

After spending a few minutes welcoming one another and catching up, take time as a group to engage the following question: What do you carry with you into this time, and what are you hoping for as you begin this experience?

## OPTION 02

After spending a few minutes welcoming one another and catching up...

### **SPEND 3 MINUTES IN SILENCE TOGETHER.**

Prayerfully imagine with each inhale that you are welcoming God's presence, and with each exhale that you are surrendering yourself to God.

### **AS YOU ARE SILENT...**

Call to mind a moment from this week when you felt distant from God.

Call to mind a moment from this week when you felt close to God.

Call to mind what you are most grateful for this week.

### **SHARE WITH ONE ANOTHER.**

As a group, briefly share with one another what came to mind during the time of prayerful silence.



# BIBLE

## THIS WEEK'S READING: MARK 1:1-3:6

Before the next session take time to explore Mark 1:1-3:6. As you do so pay close attention to what Jesus says. Note what he does and any specific instruction he might give. Pay attention to how he interacts with others and responds to the situations of life. How might Jesus be inviting you to follow his instruction or do what he did in the midst of your own life?

## TOGETHER

Read Mark 1:1-15. As you do, focus on verse 15: "The time promised by God has come at last!" he announced. "The Kingdom of God is near! Repent of your sins and believe the Good News!" (NLT)

**What is your unfiltered response to this saying of Jesus? What questions emerge as you listen to Jesus in this text?**

**When you hear the word repent, what do you think of and feel?**

Consider what N.T. Wright, a New Testament scholar and theologian, says about Jesus' invitation to repent and believe the Good News: "When Jesus told people to repent, he didn't mean 'Have some kind of sad religious experience.' He meant 'You're going the wrong way! You're going to have to turn around because God is doing a new thing. If you're going to be part of that new thing, you're going to have to give up the way you've been going.'"

**As you begin reading Mark's Gospel, pay attention to what Jesus is inviting you to give up and what he is inviting you to take up.**

# PRACTICE

## REPENTANCE & CONFESSION

Jesus' invitation to "repent and believe the Good News!" (NLT) is an invitation to deconstruct the various narratives, patterns and habits that have formed our life. At the same time it is an invitation to be re-formed in the way of Jesus, which is seen clearly through his life, death and resurrection.

### PREPARE.

Take 1-2 minutes to quietly pray the following:

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life." (NLT)

**Psalm 139:23-24**

### ASSESS.

Consider the various aspects of life listed below (feel free to add to it). As you do, ask the following questions: Is the current posture and practice of this part of my life in alignment with the way of Jesus? Is there anything in this part of my life that I'd like to give up so that I might take up the way of Jesus more fully?

.....  
View of God, View of Self, View of Others, Relationship to School or  
Work, Relationship to Power, Relationship to Money & Possessions  
.....

### PRAY & ACT.

Name what you'd like to give up from the previous exercise: "Jesus, I want to give up \_\_\_\_\_ and replace it with your way." Finally, if any of those things have negatively affected others, connect with them, confess it, ask for forgiveness and begin acting in ways toward them that replaces what was negative with what is good.



SESSION 02

# CHECK IN

## OPTION 01

After spending a few minutes welcoming one another and catching up, take time as a group to engage the following question: What has Jesus been inviting you into through the experience of reading Mark's Gospel and the repentance and confession practice?

## OPTION 02

After spending a few minutes welcoming one another and catching up...

### **SPEND 3 MINUTES IN SILENCE TOGETHER.**

Prayerfully imagine with each inhale that you are welcoming God's presence, and with each exhale that you are surrendering yourself to God.

### **AS YOU ARE SILENT...**

Call to mind the invitation you sensed from Jesus as you read Mark's Gospel and engaged the repentance and confession practice.

### **SHARE WITH ONE ANOTHER.**

As a group, briefly share with one another what came to mind during the time of prayerful silence.

# BIBLE

## **THIS WEEK'S READING: MARK 3:7-5:43**

Before the next session take time to explore Mark 3:7-5:43. As you do so pay close attention to what Jesus says. Note what he does and any specific instruction he might give. Pay attention to how he interacts with others and responds to the situations of life. How might Jesus be inviting you to follow his instruction or do what he did in the midst of your own life?

## **TOGETHER**

Read Mark 4:1-34 and discuss what you discover about the Jesus way through the stories he tells.

# PRACTICE

## LECTIO DIVINA

Lectio Divina is an ancient spiritual practice focused on prayerfully engaging the biblical text and encountering Jesus, the Living Word, through it. The term is derived from Latin words meaning reading (lectio) and divine (divina).

### PRACTICING LECTIO DIVINA

Mark 4:35-41

#### FIRST READING (HEAD)

Slowly read the passage of Scripture that you have selected. As you do so, pay attention to any word, phrase, or idea that catches your attention. Then, pause for a moment, keeping that word, phrase, or idea in view.

What did you notice?

#### SECOND READING (HEART)

Read the passage again, and then pause to dwell on the word, phrase, or idea that captured your attention. What thoughts come to mind as you meditate on the word, phrase, or idea? What do you feel? What does the word, phrase or idea have to say to your current reality? What might

God be inviting you into through it?

#### THIRD READING (HANDS)

Read the passage once more and begin to converse with God about what you have encountered. Tell God the word, phrase, or idea that captured your attention and what came to mind as you meditated upon it. Listen for how God might be using the word, phrase, or idea to bless and form you. Finally, pay attention to how God might be directing you to respond to what you've encountered during this experience. What is Jesus saying to you, and what are you going to do about it?

# SESSION 03



# CHECK IN

## OPTION 01

After spending a few minutes welcoming one another and catching up, take time as a group to engage the following question: What has Jesus been inviting you into through the experience of reading Mark's Gospel and the lectio divina practice?

## OPTION 02

After spending a few minutes welcoming one another and catching up...

### **SPEND 3 MINUTES IN SILENCE TOGETHER.**

Prayerfully imagine with each inhale that you are welcoming God's presence, and with each exhale that you are surrendering yourself to God.

### **AS YOU ARE SILENT...**

Call to mind the invitation you sensed from Jesus as you read Mark's Gospel and engaged the lectio divina practice.

### **SHARE WITH ONE ANOTHER.**

As a group, briefly share with one another what came to mind during the time of prayerful silence.



# BIBLE

## **THIS WEEK'S READING: MARK 6:1-7:23**

Before the next session take time to explore Mark 6:1-7:23. As you do so pay close attention to what Jesus says. Note what he does and any specific instruction he might give. Pay attention to how he interacts with others and responds to the situations of life. How might Jesus be inviting you to follow his instruction or do what he did in the midst of your own life?

## **TOGETHER**

Read Mark 7:1-23 and discuss what you discover about the Jesus way.

# PRACTICE

## SOLITUDE & SILENCE

Jesus' life reveals a rhythm of work and withdrawal, or solitude. In fact, Mark's Gospel contains a number of times when Jesus removes himself from the crowds in order to be with his Father. He invites us to do the same.

### A SIMPLE WAY TO ENGAGE SOLITUDE & SILENCE

#### SET ASIDE TIME FOR IT.

"The very first thing we need to do is set apart a time and a place to be with God and him alone." (Henri Nouwen)

#### NAME THE PLACE.

Is it your car in between errands or sitting quietly while parked? Your favorite chair or corner of the couch? Your backyard or front porch? On a walk?

#### TURN OFF YOUR PHONE.

Just do it. Better yet — turn it off and put it somewhere away from you.

#### BEGIN.

Start with a grounding prayer to help you stay present, especially in the first few minutes. For example, the Jesus Prayer ("Jesus Christ, have mercy on me, a sinner"), a breath prayer (as you inhale, pray a simple phrase: "Jesus, meet me here"; as you exhale, repeat another phrase: "Help me to know your love"), or meditate on a phrase from scripture (something from Mark's Gospel that Jesus said, or a passage from Psalms).

#### REMAIN.

Remain in quiet solitude for 10 minutes a day. Rest in the awareness that God is present with you.

SESSION 04



# CHECK IN

## OPTION 01

After spending a few minutes welcoming one another and catching up, take time as a group to engage the following question: What has Jesus been inviting you into through the experience of reading Mark's Gospel and the solitude and silence practice?

## OPTION 02

After spending a few minutes welcoming one another and catching up...

### **SPEND 3 MINUTES IN SILENCE TOGETHER.**

Prayerfully imagine with each inhale that you are welcoming God's presence, and with each exhale that you are surrendering yourself to God.

### **AS YOU ARE SILENT...**

Call to mind the invitation you sensed from Jesus as you read Mark's Gospel and engaged the solitude and silence practice.

### **SHARE WITH ONE ANOTHER.**

As a group, briefly share one with another what came to mind during the time of prayerful silence.

# BIBLE

## **THIS WEEK'S READING: MARK 7:24-9:1**

Before the next session take time to explore Mark 7:24-9:1. As you do so pay close attention to what Jesus says. Note what he does and any specific instruction he might give. Pay attention to how he interacts with others and responds to the situations of life. How might Jesus be inviting you to follow his instruction or do what he did in the midst of your own life?

## **TOGETHER**

Read Mark 8:27-30 and share your response to Jesus' question: "But who do you say I am?"

# PRACTICE

## EXAMEN PRAYER

This prayer practice was developed by Ignatius of Loyola (1491 – 1556) and is focused on being attentive to and interacting with God’s loving presence in the midst of daily life. Followers of Jesus might pray this prayer at the end of a day or at a time of transition.

### LIGHT

The Examen is a way to create space in which to carry on a conversation with God. Begin by asking the One who “is pure light, undimmed by darkness of any kind” (1 John 1:5, The Voice) to grant you the ability to clearly see, hear, understand, and respond to his loving presence.

### THANKS

As moments of grace come to mind, give thanks for the good that has come to you today through God’s generosity. As Ignatius said, “I will ponder with great affection how much God has done for me, and how much He has given me of what He possesses, and finally, how much ... the same Lord desires to give Himself to me.”

### REVIEW

Watch the day play back before you as if you were watching a movie. When did you feel you were cooperating most fully with God? When were you resisting?

### RESPOND

After reviewing, take time to converse with God, expressing your thoughts on the actions, attitudes, feelings, and interactions you saw. You may want to seek forgiveness, ask for direction, express gratitude, or resolve to make a change and move forward.

### NEXT

Look toward tomorrow. Ask God to be present in your thoughts, actions, and relationships.

# SESSION 05



# CHECK IN

## OPTION 01

After spending a few minutes welcoming one another and catching up, take time as a group to engage the following question: What has Jesus been inviting you into through the experience of reading Mark's Gospel and the examen prayer practice?

## OPTION 02

After spending a few minutes welcoming one another and catching up...

### **SPEND 3 MINUTES IN SILENCE TOGETHER.**

Prayerfully imagine with each inhale that you are welcoming God's presence, and with each exhale that you are surrendering yourself to God.

### **AS YOU ARE SILENT...**

Call to mind the invitation you sensed from Jesus as you read Mark's Gospel and engaged the examen prayer practice.

### **SHARE WITH ONE ANOTHER.**

As a group, briefly share with one another what came to mind during the time of prayerful silence.



# BIBLE

## **THIS WEEK'S READING: MARK 9:2-10:31**

Before the next session take time to explore Mark 9:2-10:31. As you do so pay close attention to what Jesus says. Note what he does and any specific instruction he might give. Pay attention to how he interacts with others and responds to the situations of life. How might Jesus be inviting you to follow his instruction or do what he did in the midst of your own life?

## **TOGETHER**

Read Mark 9:14-29 and discuss what you discover about the Jesus way.

# PRACTICE

## SABBATH

Sabbath is blessed by God and is one day out of seven each week that is set aside for rest, worship and renewal (Genesis 2:1-3; Exodus 20:8-11; Deuteronomy 5:12-15).

### ONE WAY TO PRACTICE SABBATH READ & CONSIDER.

Read Genesis 2:1-3, Exodus 20:8-11, Deuteronomy 5:12-15 and Mark 2:23-28. Notice that God is the first to practice sabbath keeping, to rest and consider what implication that might have for you. Spend some time pondering Jesus' statement in Mark 2:27: "The Sabbath was made for the needs of human beings, and not the other way around." (NLT)

### PLAN FOR 3 BACK TO BACK TO BACK BLOCKS.

Jesus and those who came before him in Hebrew faith and culture would observe Sabbath from sundown on Friday until sundown on Saturday. A twenty four hour period of rest, worship, delight and community. Below you will find a grid with 3 blocks for each day. A morning block, afternoon block and evening block. What 3 back to back to back blocks will you set as a time of worshipful rest and renewal? (Jesus' would have been the Friday evening block, the Saturday morning block and the Saturday afternoon block.)

SU	MO	TU	WE	TH	FR	SA

### HELPFUL QUESTIONS WHEN THINKING OF HOW TO SPEND A SABBATH DAY

What is restful for me? How do I most freely connect with God?



SESSION 06

# CHECK IN

## OPTION 01

After spending a few minutes welcoming one another and catching up, take time as a group to engage the following question: What has Jesus been inviting you into through the experience of reading Mark's Gospel and the sabbath practice?

## OPTION 02

After spending a few minutes welcoming one another and catching up...

### **SPEND 3 MINUTES IN SILENCE TOGETHER.**

Prayerfully imagine with each inhale that you are welcoming God's presence, and with each exhale that you are surrendering yourself to God.

### **AS YOU ARE SILENT...**

Call to mind the invitation you sensed from Jesus as you read Mark's Gospel and engaged the sabbath practice.

### **SHARE WITH ONE ANOTHER.**

As a group, briefly share with one another what came to mind during the time of prayerful silence.

# BIBLE

## **THIS WEEK'S READING: MARK 10:32-11:33**

Before the next session take time to explore Mark 10:32-11:33. As you do so pay close attention to what Jesus says. Note what he does and any specific instruction he might give. Pay attention to how he interacts with others and responds to the situations of life. How might Jesus be inviting you to follow his instruction or do what he did in the midst of your own life?

## **TOGETHER**

Read Mark 10:35-45 and discuss what you discover about the Jesus way.

# PRACTICE

## DAILY RHYTHM

An intentional way to experience the day with Jesus and others.

### **SCRIPTURE BEFORE PHONE.**

How we start the day matters. Refusing to check the phone until after reading a passage of Scripture is a way of replacing the question "What do I need to do today?" with a better one, "Who is Jesus and how can I become more like him?" Daily immersion in the Scriptures resists the anxiety of emails, the anger of news, and the envy of social media. Instead, it forms us daily in our true identity as the beloved children of God.

### **SPEND THE DAY WITH JESUS.**

Prayer keeps us connected to Jesus all day. One way to experience that connection is through morning, midday and evening prayer. Morning prayer can be as simple as "Good morning Jesus, what do you want to do today? Midday prayer might consist of praying the prayer Jesus gave us, often called The Lord's Prayer, and during evening prayer you might want to engage the Examen practice. These and other prayer resources can be found at [newlife.tv/dailyprayer](http://newlife.tv/dailyprayer).

### **NO PHONE WHILE WAITING.**

We are made for presence, but so often our phones are the cause of our absence. To be two places at a time is to be no place at all. Choosing to be present with ourselves, others and God's good creation is an act of love. What unexpected moment might you encounter today as you wait with awareness?

### **HAVE A MEANINGFUL CONNECTION WITH OTHERS.**

The habit of connecting with someone during a shared meal, coffee or conversation each day helps us orient our schedules and lives towards a posture of hospitality - which Jesus regularly embodies and extends to us in every moment. Who are you getting together with today?



SESSION 07

# CHECK IN

## OPTION 01

After spending a few minutes welcoming one another and catching up, take time as a group to engage the following question: What has Jesus been inviting you into through the experience of reading Mark's Gospel and the daily rhythm practice?

## OPTION 02

After spending a few minutes welcoming one another and catching up...

### **SPEND 3 MINUTES IN SILENCE TOGETHER.**

Prayerfully imagine with each inhale that you are welcoming God's presence, and with each exhale that you are surrendering yourself to God.

### **AS YOU ARE SILENT...**

Call to mind the invitation you sensed from Jesus as you read Mark's Gospel and engaged the daily rhythm practice.

### **SHARE WITH ONE ANOTHER.**

As a group, briefly share with one another what came to mind during the time of prayerful silence.



# BIBLE

## **THIS WEEK'S READING: MARK 12**

Before the next session take time to explore Mark 12. As you do so pay close attention to what Jesus says. Note what he does and any specific instruction he might give. Pay attention to how he interacts with others and responds to the situations of life. How might Jesus be inviting you to follow his instruction or do what he did in the midst of your own life?

## **TOGETHER**

Read Mark 12:41-44 and discuss what you discover about the Jesus way.

# PRACTICE

## GRATITUDE, CONTENTMENT & GENEROSITY SURVEY

Take time to consider what you have and choose the option that best describes each area below: lacking (LA), adequate (AD), abundant (AB), luxurious (LU). Then, assess your contentment in each area. Finally, consider the questions to the right that relate to generosity.

**FOOD** LA AD AB LU  
Satisfaction: Yes No

What did this exercise stir up within you?

**CLOTHING** LA AD AB LU  
Satisfaction: Yes No

What is the relationship between what you have and your default posture and practice when it comes to generosity?

**SHELTER** LA AD AB LU  
Satisfaction: Yes No

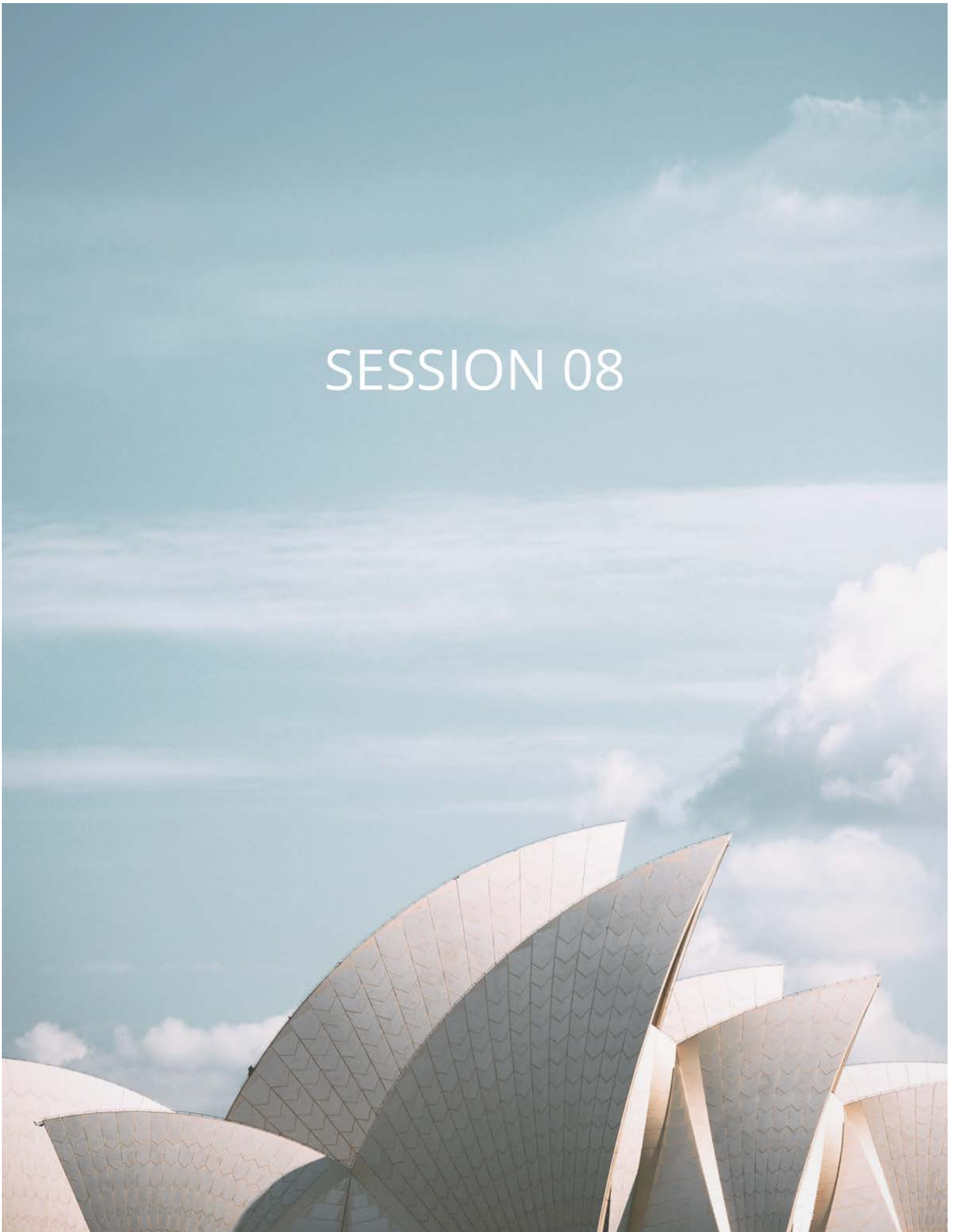
What might Jesus be inviting you into as it relates to your relationship with money and possessions, and the way of generosity?

**TRANS-PORTATION** LA AD AB LU  
Satisfaction: Yes No

**HEALTH CARE** LA AD AB LU  
Satisfaction: Yes No

**EDUCATION** LA AD AB LU  
Satisfaction: Yes No

# SESSION 08



# CHECK IN

## OPTION 01

After spending a few minutes welcoming one another and catching up, take time as a group to engage the following question: What has Jesus been inviting you into through the experience of reading Mark's Gospel and the gratitude, contentment and generosity survey?

## OPTION 02

After spending a few minutes welcoming one another and catching up...

### **SPEND 3 MINUTES IN SILENCE TOGETHER.**

Prayerfully imagine with each inhale that you are welcoming God's presence, and with each exhale that you are surrendering yourself to God.

### **AS YOU ARE SILENT...**

Call to mind the invitation you sensed from Jesus as you read Mark's Gospel and engaged the gratitude, contentment and generosity survey.

### **SHARE WITH ONE ANOTHER.**

As a group, briefly share with one another what came to mind during the time of prayerful silence.

# BIBLE

## THIS WEEK'S READING: MARK 13

Before the next session take time to explore Mark 13. As you do so pay close attention to what Jesus says. Note what he does and any specific instruction he might give. Pay attention to how he interacts with others and responds to the situations of life. How might Jesus be inviting you to follow his instruction or do what he did in the midst of your own life?

## TOGETHER

Read Mark 13 and discuss what you discover about the Jesus way.

# PRACTICE

## PAUSE + REVIEW + ENGAGE

Throughout Jesus XP you've engaged a variety of practices aimed at helping you become attentive to God's good and continuous presence in the midst of your everyday life, which Jesus models so well.

**WHICH PRACTICE HAS MOST RESONATED WITH YOU THUS FAR?**

**AS YOU CONSIDER YOUR CURRENT REALITY, IS THERE A SPECIFIC PRACTICE THAT YOU HAVE INTEREST IN MOVING FROM A ONE OFF EXPERIMENT TO A REGULAR HABIT?**

Repentance & Confession

Lectio Divina

Solitude & Silence

Examen Prayer

Sabbath

Daily Rhythm

**MAKE A SIMPLE PLAN FOR ENGAGING THE PRACTICE YOU NAMED BETWEEN NOW AND THE NEXT SESSION.**

**USING THE NOTES APP ON YOUR PHONE, OR A SIMPLE JOURNAL, CAPTURE KEY OBSERVATIONS FROM YOUR ENGAGEMENT WITH THE PRACTICE YOU NAMED.**

A bouquet of dried, yellowed roses with green leaves, set against a dark, textured background. The roses are in various stages of decay, with some petals curled and some still partially open. The text "SESSION 09" is overlaid in the center in a white, sans-serif font.

SESSION 09

# CHECK IN

## OPTION 01

After spending a few minutes welcoming one another and catching up, take time as a group to engage the following question: What has Jesus been inviting you into through the experience of reading Mark's Gospel and leaning into the practice you chose?

## OPTION 02

After spending a few minutes welcoming one another and catching up...

### **SPEND 3 MINUTES IN SILENCE TOGETHER.**

Prayerfully imagine with each inhale that you are welcoming God's presence, and with each exhale that you are surrendering yourself to God.

### **AS YOU ARE SILENT...**

Call to mind the invitation you sensed from Jesus as you read Mark's Gospel and engaged the practice you chose.

### **SHARE WITH ONE ANOTHER.**

As a group, briefly share with one another what came to mind during the time of prayerful silence.



# BIBLE

## **THIS WEEK'S READING: MARK 14-15:32**

Before the next session take time to explore Mark 14-15:32. As you do so pay close attention to what Jesus says. Note what he does and any specific instruction he might give. Pay attention to how he interacts with others and responds to the situations of life. How might Jesus be inviting you to follow his instruction or do what he did in the midst of your own life?

## **TOGETHER**

Read Mark 14:32-42 and discuss what you discover about the Jesus way.

# PRACTICE

## COMMUNION

Just before his sacrificial death, Jesus shared a meal, commonly referred to as The Last Supper, with his disciples (Matthew 26:17-30, Mark 14:12-26, Luke 22:7-39). During their time at the table the following took place: "As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, 'Take it, for this is my body.' And he took a cup of wine and gave thanks to God for it. He gave it to them, and they all drank from it. And he said to them, 'This is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice for many.'" (Mark 14:22-24, NLT)

Communion is a practice that emerges from this scene and that helps us remember Jesus' sacrificial death and resurrection. Jesus' great act of love roots us in a reconciled and never ending relationship with God, the one who loves us completely.

Communion is also a practice that we are invited to participate in regularly, for Jesus says "Do this in remembrance of me." While we participate in communion as part of our gathering together with the church, we are also free to participate and remember in the midst of daily life.

So as we find ourselves around tables - at home, at school, at work, at the cafes and restaurants we frequent, or anywhere else... Gather something to eat (bread, cookie, cracker, etc.) and something to drink (whatever you prefer). As you eat and drink, remember this: The body of Christ has been given, broken for us and the entire world. The blood of Christ has been poured out, shed for us and the entire world.

# SESSION 10



# CHECK IN

## OPTION 01

After spending a few minutes welcoming one another and catching up, take time as a group to engage the following question: What has Jesus been inviting you into through the experience of reading Mark's Gospel and the communion practice?

## OPTION 02

After spending a few minutes welcoming one another and catching up...

### **SPEND 3 MINUTES IN SILENCE TOGETHER.**

Prayerfully imagine with each inhale that you are welcoming God's presence, and with each exhale that you are surrendering yourself to God.

### **AS YOU ARE SILENT...**

Call to mind the invitation you sensed from Jesus as you read Mark's Gospel and the communion practice.

### **SHARE WITH ONE ANOTHER.**

As a group, briefly share with one another what came to mind during the time of prayerful silence.

# BIBLE

## **THIS WEEK'S READING: MARK 15:33-16**

Before the next session take time to explore Mark 15:33-16. As you do so pay close attention to what Jesus says. Note what he does and any specific instruction he might give. Pay attention to how he interacts with others and responds to the situations of life. How might Jesus be inviting you to follow his instruction or do what he did in the midst of your own life?

## **TOGETHER**

Read Mark 16:1-8 and discuss what you discover about the Jesus way.

# PRACTICE

## REFLECTION + NEXT

### REFLECT.

Throughout this experience, what is one thing that you have sensed Jesus saying to you? What are you doing about it?

### NEXT.

During these ten sessions you've apprenticed with Jesus as you've read Mark's Gospel and integrated a handful of spiritual practices into your daily life. Now you're ready to help those you're connected to become apprentices as well.



