

Life Group Notes

These notes are to serve you as you lead your group.

Please feel free to select the passages and only use the questions which are most relevant to your group and for the way you want to lead the session. (There are more questions here than you'll need)

- *Please choose (or adapt) the questions which you believe will bring about the most honest, faith-building and life changing conversations, and add others if you want to.*
- *The readings and questions develop from one section to the next. Please take time to move through the ones you want to use, giving time for discussion and sharing - ideally leading to a response to God's word.*

Life Group Notes

Theme: Following Jesus Week 3: How do I live out my faith?

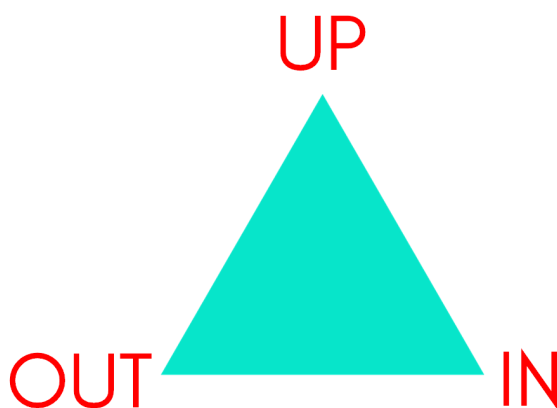
In the third session in our series on questions about the Christian faith, we are looking today at how we live out our faith

Suggestion - Read Mark chapter 1 as preparation, noticing how Mark builds up the themes of call and response, and how he leads us to see how Jesus lived and balanced his life.

Introductory Questions

1. **What stayed with you from this week's sermon?**
2. **How do you relate to the illustration of a jigsaw puzzle under construction representing your life? What does that mean for you?**

On Sunday we were introduced to the concept of Up, In, Out as a pattern of how Jesus' shows us how to live:



Up = With God our Father - in worship and receiving from him
(e.g. Church services, prayer meetings, personal prayer, worship, & study)

In = With other Christians - in meaningful relationship *(e.g. Life Groups, men's / women's groups, prayer partners)*

Out = With non-Christians - being the good news wherever we are
(e.g. work, leisure, extended family, neighbours, local and global mission)

Read Mark 1:35-39

3. **How would you describe the shape of Jesus' life?**
4. **How are the Up, In, and Out each significant in Jesus' life?**

Up - Read Mark 1:9-12

5. **Given that Jesus was going into the wilderness to be tempted, how might this experience have prepared him for what was ahead?**
6. **How does your time with God shape, renew, and prepare you for what is ahead of you each day?**

In - Read Mark 1:16-20

- 7. What stands out to you about Jesus' call and the disciples' response?**
- 8. How has being in good relationship with other Christians helped shape your life?**

Out - Read Mark 1:29-34

- 9. Jesus seemed content to end his time of prayer so he could minister to the crowd. What do you observe about Jesus' response to people throughout this passage?**
- 10. Can you think of a time when you've been encouraged by an opportunity to 'be good news' to someone? What do you remember about this?**

Overall reflection:

- 11. How would you describe the shape of your life?**
- 12. Which areas do you naturally feel strongest?** [no condemnation, as we all relate more closely to one aspect or another]

OR

- 13. How healthy is your (a) 'Up', (b) 'In', (c) 'Out'?**
- 14. What steps can you incorporate in each area over this next week?**

Reflection & Application

These are not just three more things to do, or three more areas of life to worry about, after all, Jesus said *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."* Matt 11:28-30

When we take Jesus' yoke on our shoulders, we walk alongside him, keeping in step with him, and exchanging our burdens for his. Rather than seeing this list (Up/In/Out) as another to-do list to add into our already busy lives, it is more helpful to see this as a lens through which we see life, and a way of reflecting on what matters most in life.

- **Pray about how you might live walking more closely in step with Jesus.**
- **Use this tool (Up/In/Out) for self reflection through the coming week.**