

Life Together

Time Alone

TALK IT OVER

Key Scripture

"29 And immediately he left the synagogue and entered the house of Simon and Andrew, with James and John. 30 Now Simon's mother-in-law lay ill with a fever, and immediately they told him about her. 31 And he came and took her by the hand and lifted her up, and the fever left her, and she began to serve them. 32 That evening at sundown they brought to him all who were sick or oppressed by demons. 33 And the whole city was gathered together at the door. 34 And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him. 35 And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. 36 And Simon and those who were with him searched for him, 37 and they found him and said to him, "Everyone is looking for you." 38 And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out." 39 And he went throughout all Galilee, preaching in their synagogues and casting out demons." – Mark 1:29-39 (ESV)

Search for the "Renewal Church Denver" app or "St. John's Denver" app in your app store.

More of God's truth all week long at renewaldenver.tv and sjdenver.tv

Start Talking: Find a conversation starter for your group. (15 Min)

- Have you ever been out in nature and felt closer to God?
- Why is it that most people don't often have times of solitude?
- In order, what are the first three things you do to start your day?

Head: Start Thinking. Ask a question to get your group thinking. (10 Min)

- Read Mark 1:29-39. Why do you think Jesus needed time for prayer & solitude?
- Take turns reading Matthew 14:1-13, Mark 6:30-32, Luke 4:1-15, Luke 5:16, Luke 6:12-13, Luke 22:39-44. What were the various reasons that prompted Jesus to seek solitude?

Heart: Start Sharing. Choose a question to create openness. (10 Min)

- Community time and solitude must be experienced in balance for one to be healthy. How is your balance?
- How would it change our life to adopt a daily devotional time?
- What is the difference between loneliness and solitude?
- Can you use community to escape loneliness, why or why not?

Hands: Start Doing. Commit to a step and live it out this week. (10 Min)

- Commit to a full week of reading the *Life Journal* Bible Reading Plan and schedule it on your calendar! The plan is available in our app.
- Subscribe to the *Scripture On The Go* podcast/podcast produced by the pastors of St. John's and Renewal. Visit scriptureonthego.org
- Enrich your morning devotional time by reading or singing a hymn. We recommended the *Lutheran Service Book* hymnal by CPH.

Start Praying. Be bold and pray with power. (15 Min)

- For suggestions on structuring prayer time, see the *Group Prayer Ideas* page in this packet.

Trios: Split into same-gender groups of three. (15 Min)

1. What's a passage of scripture that has impacted you this week? Read it to the group and explain why.
2. Is there anything God is leading you to repent of?
3. How's your weekly 3-2-1 challenge going? (*3 Conversations with New People, Learn 2 Names, Make 1 Meaningful Connection*)
4. Who is one non-believer that you need to reach out to this week?
5. What's something you'd like someone else to check in with you about this week?
6. Pray for one another.

Group Prayer Ideas

Pray for Each Other

- Everyone share their prayer requests before entering into the time of prayer;
- As you open a time of spontaneous prayer, ask people to pray for each other's requests / not their own;
- *Option: Have one person record the group's prayers in a prayer journal. Periodically review the journal to see just how much God answers prayer!*
- *Option: Conclude with the Lord's Prayer or Apostle's Creed.*
- *Option: Do a "Prayer Exchange," assigning people to pray for one another this week, & text as you do.*

Responsive Psalm Prayer

- Choose a psalm (ex: 13, 116, 136, 139, etc.);
- Have the leader and the people pray through the Psalm by trading verses responsively,
OR go around the circle and have each person take the next verse.

Missional Prayer

- Have everyone go around and pray specifically for a non-Christian friend, neighbor, co-worker, etc.
- *Option: Have everyone use the "MissionHub" app to set a prayer reminder for that person OR write the name on a 3x5 index card, take it with them and put it somewhere that they'll see it.*

Category Prayer

- The leader guides the group by inviting spontaneous prayer around a "category" at a time, allowing a couple of minutes per category;

Ex: Relational Circles

Our Families
Our Church
Our Neighbors
Our Co-Workers
Our City
Our Country
Our World

Ex: A.C.T.S.

Adoration
Confession
Thanksgiving
Supplication

Ex: Lord's Prayer

Petition 1: Holy Be Your Name
Petition 2: Your Kingdom Come
Petition 3: Your Will Be Done
Petition 4: Give us Today our Daily Bread
Petition 5: Forgive us our Trespasses
Petition 6: Lead us Not into Temptation
Petition 7: Deliver us from Evil

Ex: Healing

Physical
Emotional
Spiritual

Simultaneous Prayer

- Set a timer (ex: 3 min) and ask everyone to pray simultaneously (out loud) until the timer runs out.

Timed Prayer

- Set a timer (ex: 20 min) and then go around the circle taking turns praying until the timer runs out.