



@STPAULPEORIA

OCTOBER - DECEMBER

Week 10: Unplugged Rediscovering Authentic Faith

Mark 1:35-38 (CSB)

Quarter 4 : Live Simple

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MARK 1:35-38 (CSB)

Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying. Simon and his companions searched for him, and when they found him they said,

MARK 1:35-38 (CSB)

**“Everyone is looking for you.” And he said to them,
“Let’s go on to the neighboring villages so that I may
preach there too. This is why I have come.”**

**Jesus shows us a way to find
clarity within the complexity.**

**Are we willing to unplug from everyone else to
prioritize our connection with God**

**Unplugging from the noise helps us reconnect with
God, rediscover clarity, and live with purpose just
like Jesus did.**

MARK 1:35 (CSB)

Very early in the morning, while it was still dark, He got up, went out, and made His way to a deserted place; and there He was praying.

**Clarity, identity, and purpose are born in solitude
with the Father.**

**Constant digital stimulation—scrolling, multitasking,
notifications—erodes our capacity to sit still long
enough to hear our own thoughts.**

When we unplug, when we sit with God in honest, quiet spaces, we gain the clarity, stability, and purpose that shape healthy decisions, healthy relationships, and a healthy soul.

When life moves this fast, the first thing we lose is solitude... and the first voice we stop hearing is God's.

MARK 1:21–34 (CSB)

Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying. Simon and his companions searched for him, and when they found him they said,

**Jesus is in high demand, surrounded by urgent needs,
expectations, success, and pressure.**

Busyness without rest shrinks our clarity, weakens emotional control, fogs decision-making, and numbs spiritual sensitivity.

(1)

Exercise Discipline

Unplug Even When You Don't Feel Like It

(2)

**Create space with God,
not just space from people.**

(3)

Incorporate Scripture:

**You don't just need your thoughts;
you need His.**

(4)

Pay attention to your personality.

(5)

**Consider your season of life and
responsibilities.**



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