

LIFE GROUP GUIDE – Week Starting Sunday 6th July

Key Scripture – Mark 2:18–22

This Week's BIG IDEA

Jesus' time on earth changes everything. Jesus transforms who we are, our relationship with God and how we relate to Him. Spiritual disciplines, far from being a holiness measuring stick, are intentional time with God, which we need to bear fruit in our lives.

Opening Prayer:

Focussing on God: Take some time asking God to reveal his delight for you. Invite the Spirit to lead honest reflection and new freedom.

[139 - King's Kaleidoscope](#)

Meditating on Scripture

Read Mark 2:18–22 together.

- What comes to mind when you hear the word “fasting”? One word only — go around.
- How would the people react to Jesus calling Himself the Bridegroom?
- What surprises you most in Jesus' reply about fasting?
- In your own words, what did Jesus mean by “new wine in new wineskins”?
- How does that idea challenge how we think about spiritual disciplines like fasting today?
- How might fasting draw you closer to God — not earn His favour, but know His heart?
- How can fasting help us resist our culture's messages about comfort and control?
- What spiritual disciplines could you use to commune with God more? How are you going to implement them? What might you need to cut out of your life to make room? Be specific (*Note for leaders: Starting new habits requires calendar space and head space, and you need more of both than you think when starting out. Make sure the group talks about subtraction, not just addition*).

If you need some examples of spiritual disciplines: Meditation, Prayer, Fasting, Sabbath, Solitude.

Pastoral Prayer

Pray for one another: courage to try, grace to fail, freedom to enjoy the Bridegroom.