

# THE GOSPEL

*According to Mark*



<b>WEEK OF</b>	-	<b>READING</b>
June 19	-	Mark 1-3
June 26	-	Mark 4
July 3	-	Mark 5
July 10	-	Mark 6
July 17	-	Mark 7
July 24	-	Mark 8
July 31	-	Mark 9
August 7	-	Mark 10
August 14	-	Mark 11
August 21	-	Mark 12
August 28	-	Mark 13-14
September 4	-	Mark 15-16

# MEETING GOD THROUGH THE BIBLE

There are many ways to meditate upon and study Scripture, for this plan we suggest a Head–Heart–Hands format to use in reflecting on the weekly readings.

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## PREPARING TO LISTEN

It is important that we prepare ourselves to encounter God in His Word. Find a place free from distraction where you can be alone with God. As you turn to the relevant passage remind yourself that since God is omnipresent, He is present with you. Take a few silent, deep breaths as you invite the Holy Spirit to facilitate your encounter with the Living Word, Jesus. The overarching question to keep in mind as you read is: What is God saying to me through this passage?

## HEAD (THINK)

As we come to the assigned passage we ask the question: What do I learn in this passage? Consider: What does the passage teach about God? The Human Condition? The Church? Our Mission? How to live (or not live)? What are the promises made, commands given, or warnings to be heeded? As you read, be alert for words or phrases that arrest your attention and talk with God about why He highlighted them to you.

## HEART (FEEL)

Read through the passage slowly, what are your emotional responses to the various phrases you read?

Do you feel encouraged? Convicted? Guilty? Sorrowful? Anxious? Comforted? Confused? As you acknowledge your emotional responses, talk with God about why you feel this way. Allow God to use your emotions to reveal the issues in your heart in a deeper way.

## HANDS (ACT)

Lastly, we read again, and consider the question: What might I do in response to the passage? More importantly, what is God inviting you to do in response? Is there an action to take? A truth to meditate on? A confession to make? If how we are living is not in alignment with what we read, we ask for God's help as we begin the process of change.

## CONCLUDING YOUR TIME

Conclude your time by thanking God for meeting with you! You may find it helpful to reflect upon your time with God and summarize your conversation into a short phrase to carry with you through the day. We encourage you to find some people to process with as you read through Mark! Grab 2-3 others and meet for coffee to talk about what you are learning through the book of Mark!

