

# Going Deeper

Your weekly guide to understanding God with others

## This is Us - Part 4

Mark Purser

### Introduction

As we look at the life of Jesus, we see that every day He faced a vast number of new challenges in life and ministry. We can see that in times of challenge, Jesus pushed in closer to God the Father and spent even more time alone with Him.

As we are all currently facing a 'once in a lifetime' disruption to our normal lives and routines, this is the time when we most need to lean into and develop our relationship with God. We need to allow Him to guide us, calm us and to give us hope and direction for each day - more now than ever.

### Bible Passage

Reading: Mark 1:35-38

### Discussion

1. What is something that you enjoy doing that 'fills your tank'? What things drain your tank? How can you do more 'tank filler' activities during your times of challenge?
2. Read Mark 1:35. Why did Jesus use this time of the day to connect with His Heavenly Father? When is your best time of day to spend time with God?
3. Where else in the Scriptures do you see Jesus go off alone to be with God?
4. Why is time alone with God so important? What are the consequences in your life when this time is squeezed out of your schedule? What is the difference that you see when you make this a priority?

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5. What is helpful about having a set place to go to be with God?  
Everyone is different; what surroundings best help you to connect with God?
6. How can you reduce distractions during your time with God? What helps or hinders this for you?

### **Respond**

While our regular life rhythms may be disrupted at present, we also have a precious opportunity to re-set our lives and life rhythms. This is a wonderful opportunity to grow and develop our relationship with God, setting aside time to spend with Him. It is also a great time to put in place some patterns and practices that refill our tank and replenish our soul, and work towards including them regularly in our lives.

Commit to finding a regular rhythm this week of spending time alone with God each day.