

ROOTED

IN THE SPIRIT

Message 2: The Radical Life

April 6, 2025

GROUP GUIDE

This guide is designed to help you grow in your relationship with God and develop meaningful, lasting relationships with others. Get together with friends, or visit brookwoodchurch.org/groups to build some new relationships. *Let's seek God together!*

INCLUDED IN THIS GUIDE

1. Connect
2. Pray
3. Main Scripture
4. Explore and Discuss
5. Personal Application
6. A Practical Exercise
7. Scripture Memory

This Week's Main Idea: *Your public power comes from your private life with Jesus.*

CONNECT

Here are some questions to get the conversation rolling.

- What stood out to you from the devotional or your Bible reading this week?
- What words would you use to describe your relationship with God?
- What's an area of your life where you'd like to experience more of Jesus?

PRAY

Spend a few minutes in prayer, drawing your attention toward God. Consider these prayer points as you invite God to lead and guide you.

- God, in this quiet moment, I pray you'd calm my heart and mind so I can experience more of you.
- I pray you'd help me hear your voice above the noise.
- Jesus, I pray you'd become the center of my life, not just a part.
- Teach me and change me today so I live with greater wisdom and power.
- May the people of Brookwood (you might name specific people) become more rooted in the Spirit this week.

MAIN SCRIPTURE

Mark 1:29-34 (NIV)

²⁹ As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. ³⁰ Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. ³¹ So He went to her, took her hand and helped her up. The fever left her and she began to wait on them.

³² That evening after sunset the people brought to Jesus all the sick and demon-possessed. ³³ The whole town gathered at the door, ³⁴ and Jesus healed many who had various diseases. He also drove out many demons, but He would not let the demons speak because they knew who He was.

EXPLORE AND DISCUSS

Don't rush through these questions. The goal is not to get *right answers* or even necessarily get through all the questions. Use this time of reflection and discussion to help deepen your relationship with God and cultivate a heart that is both curious and hungry for more.

1. Jesus' official ministry was just beginning, and immediately He was in high demand. Imagine you'd been there. How would you describe the scene?
2. Has your job or ministry ever been as intense and demanding as this? Explain.
3. Have you ever been part of such an effective ministry like this? If so, what was that like?

Mark 1:35-39 (NIV)

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. ³⁶ Simon and his companions went to look for Him, ³⁷ and when they found Him, they exclaimed: "Everyone is looking for you!"

³⁸ Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." ³⁹ So He traveled throughout Galilee, preaching in their synagogues and driving out demons.

4. Early in the morning Jesus slipped away unnoticed, returning to a solitary place (also translated *desert* or *wilderness*). Why did He leave while His ministry was having such a positive impact on so many people?

5. Though the ministry was only a few days old, it already seemed to be getting beyond Jesus' control. What do you do when life is unmanageable, and you feel out of control?

6. After getting away to pray, Jesus jumped right back into ministry. What do you learn from this?

7. On a scale of 1-5, where 1 is completely exhausted, and 5 is extremely energized, where do you fall? What led you to feeling that way?

8. How can you maintain a healthier work-life balance?

9. There are three levels of burnout: (1) the kind where you just need a nap, a break from the current pace of life, (2) a time when you need to change your daily/weekly rhythms in order to keep up with the current demands of life, (3) when it's time to consider a bigger life change. Describe a time you experienced one of these levels of burnout. What did you do?

10. What's the difference between your life *with* God and your work *for* God? How are they related? Which of these do you usually focus on?

11. This might seem like an odd question, but what lessons are there in this passage specifically for a teenager?

12. Which part of this passage encourages or challenges you the most?

PERSONAL APPLICATION

What steps can you take to become more rooted in God? Ask God what He wants you to know and remember from this week's study and discussion. Write down what comes to mind so you don't forget!

A PRACTICAL EXERCISE

Carve out about 20-30 minutes this week, and write down things God is asking you to give Him. Release these to God in prayer.

SCRIPTURE MEMORY

One of the best ways to hear God throughout the day is to memorize Scripture. God often brings His Word back to mind at just the right time! Here's a verse to memorize based on this week's theme:

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. **Mark 1:35 (NIV)**