



HOME GROUP STUDY 16th August 2026

Series: JESUS MOVES IN POWER:

**Mark 1 v35-39
Secret To Success – Time Well Spent**

35 And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. 36 And Simon and those who were with him searched for him, 37 and they found him and said to him, “Everyone is looking for you.” 38 And he said to them, “Let us go on to the next towns, that I may preach there also, for that is why I came out.” 39 And he went throughout all Galilee, preaching in their synagogues and casting out demons.

The following questions relate to the 8.30 and 10.30 services on Sunday 16th August 2026 (available on the church website).

Feel free to pick and choose questions / sub-questions as appropriate for your group’s interest, preferred study style and time available. They are simply there to facilitate good discussion / reflection. Do NOT feel you need to go through them all.

(1) Icebreaker.

(a) To what extent do you think you have control over how you spend your time?

Context to v35-39. In the previous v29-34, Jesus has been super busy in Capernaum healing the sick and casting out demons. Word had spread and crowds had been flocking to be healed. Jesus in his human state would have been exhausted by the end of the day.

(2) Our most pressure time (v35). Jesus’ response was to get up early the next morning, go off to a quiet, remote place and pray. From other Gospel references (search these), this was clearly a pattern.

(a) Why do you think Jesus did this? What did he get out of it that made it such a top priority for him?

(b) How does this compare with your spiritual pattern / rhythm, especially when you are busy and time seems at a premium? What do you prioritise?

(c) What simple changes might you make to rebalance your spiritual pattern / rhythm closer to Jesus’ rhythm?

(3) Demands on our time (v36-37). The disciples come looking for Jesus wanting him to return to the crowds in Capernaum. The Greek word translated looking for is a strong Greek verb. It has the connotation of tracking down / hunting.

(a) What do you think is really motivating the disciples here? How are they trying to control Jesus?

(b) In our Christian life we can be subject to many, and often competing, demands on our time. The activities might be very worthy in themselves. People can use a variety of ways to persuade us to pursue something they think we should do / get involved with (e.g. “this is really needed and you are the perfect for it”; “you did such great job last time”; “I know how busy you are right now but could you nevertheless possibly squeeze this in”; “people will be so disappointed if you have to decline).

(i) How do you respond in such situations? What drives your response? Think of any examples.

(ii) What are the risks of saying ‘yes’?

(c) How does this compare with how Jesus goes about tasking his disciples and models how they should approach partnering with God?

(4) Allocating our time (v38-39). Jesus responds clearly and firmly to the disciples. He tells them that they must move on to the next towns so he can preach the Gospel elsewhere. This is why he has come. And that is exactly what he proceeds to do. Jesus is able to resist the disciples’ call to stay in Capernaum precisely because he has such clarity about His calling / purpose.

(a) To what extent do you have clarity about God’s calling / purpose for you? And to what degree are you able to draw on this to say ‘yes’ or ‘no’ to requests and make decisions about stopping things and moving on?

(b) How can we get a clear sense of what God’s calling / purpose is for us in a particular season of life? Consider again what v35 above is really all about, and how we might make Romans 12 v2 a reality in our lives. This says: “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect”.