

Weekly Study Guide

The week of March 20, 2016

Wish to view the message again? Go to vimeo.com/flcwb. Will you be out of town soon? Watch online at livestream.com/flcwb. Desire to ask Pastor Steve a question about today's message? Contact him at 651.429.5349 x215 or sturnbull@flcwb.org.

SOUL TRAINING EXERCISES

Option 1:

Christian growth takes practice. Nobody runs a marathon with their first step out the door. Use these weekly "soul training exercises" to help you practice cooperating with the Holy Spirit so you can hear and walk by the Spirit's leading all throughout your life.

In our prayers this week, we are praying based on Philippians 1:6. Read this verse once or twice each day. See if you can memorize it by the end of the week. Remember that God has begun a good work in you and His Spirit is leading you on a journey toward completion. Remember also that you are not the only person on a journey - everyone is! As you pray and reflect this week, is there anyone that God is leading you to invite to attend worship with you next week on Easter? Perhaps God wants to use you in their journey.

Option 1 & 2:

Regular habits of private Bible reading strengthen our relationship with God and teach us how to follow Jesus. In addition to the thematic exercise above, you can use this guide each week to lead you through relevant sections of the Bible.

Daily Readings

MONDAY

Mark 15:1-15

TUESDAY

Mark 15:16-20

WEDNESDAY

Mark 15:21-32

THURSDAY

Mark 15:33-41

FRIDAY

Mark 15:42-47

SATURDAY

Mark 16

Group Discussion

CONNECT

What are some situations in your life that teach you patience?

THIS WEEK'S LEARNING GOAL

We are learning this week that God restores the world in Jesus differently (and often more slowly) than we imagine.

LEARNING FROM THE BIBLE TOGETHER

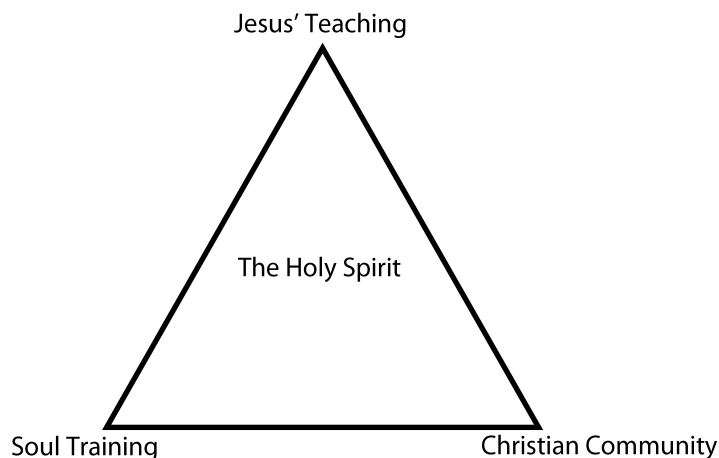
This Sunday was a holiday traditionally called Palm Sunday. Palm Sunday commemorates the day when Jesus made a dramatic, final entry into Jerusalem and was welcomed by people who waved palm branches as if they were welcoming a triumphant king.

- Read **Mark 11:1-3** and also an Old Testament prophecy in **Zechariah 9:9-10** (Zechariah is the second to the last book of the OT). What message does Jesus seem to be sending as he sets up this event? Does Jesus think Jesus is the king of God's people? What kind of king is he?
- Read **Mark 11:4-7**. Conquering kings in the Roman era didn't ride into the capital on donkeys. They rode their warhorses. What does this change of symbol say to you?
- Read **Mark 11:8-11** and also **Psalms 118:25-26** (the word "Hosanna" in Mark 11:9 means "save us," just as the prayer in Psalm 118:25). In the message this week, we learned that this was a very royal welcome. What did the crowds understand about Jesus? What did they misunderstand?

We also learned this week about another episode in Jesus' life that confounded people's expectations. Read **Luke 10:38-42**.

- Many people have found the characters in this story easy to relate to. What's your initial gut reaction when you read this scene?
- Mary's decision to "sit at the Lord's feet" was a very normal posture of discipleship (though in her day only for men). She was an apprentice listening to the teaching of the Master. How does Jesus evaluate her actions?
- This story challenges our frantic, hurried lifestyles. Jesus said that Martha was "distracted." Does the pace or busy-ness of your life distract you from listening to Jesus and learning from him?
- Jesus said that "one thing is needed" and that Mary had chosen what is better. When are you the best at paying attention to Jesus and how he's teaching and leading you?

- If you think that your life is too busy and “distracted,” ask yourself whether you really have to live this way. Is there anything you can do to slow down and pay more attention to Jesus?
- Sitting at the feet of the Master also implies that growth in discipleship/apprenticeship to Jesus takes time. In this Restored series, we are learning the teaching of Jesus, sharing community, and using “soul training” exercises. Are you ever frustrated that you’re not growing faster? Give yourself grace and sit with Jesus in these time-ful practices.



SOUL TRAINING EXERCISES

As a group, recall last week’s soul training exercise (readings from the Gospel of Mark). Did you learn or experience anything you’d like to share with your group? Now, look at the soul training exercises on the front of this study guide and get ready to practice them this week. Is there a particular time of day or some other specific commitment that would help you succeed in doing these exercises?

PRAY

Share your prayer concerns with one another. Also, pray this prayer based on Philippians 1:6; “Lord, you began a good work in me. Bring it to completion in my life, in the day of Jesus Christ.”