

SERMON DISCUSSION QUESTIONS

THE JESUS FILTER: WEEK 1

*While anyone can take time to answer these questions individually, these questions are best discussed in a group! Not in a group yet? We want you in one! Head over to **southeastchristian.org** to join a group in person or online, wherever you are - today!*

What are some filters you use every day (think of anything from air/water filters to filters on your camera)? How do these filters improve your life? What are some of the bigger “filters” you use when it comes to the things you think about or do? Why are filters a necessary part of life?

Read Mark 1:29-39. Even at this early point of His ministry, the demands on Jesus were heavy. How did He prioritize and care for people? How did He maintain boundaries to stay focused on the Father? What does His habit of solitude teach us about practicing solitude in our own lives?

When you think of the word ‘solitude,’ what comes to mind? Is it a positive term or a negative one? Is it a discipline you are able to practice often? Why or why not? How does viewing solitude as time alone with God reframe the ways you think about this practice?

Kyle talked about some of the benefits of solitude (You Remember Who You Are and What You Are Meant to Do, and You Receive What You Need). As you think about your own life, which of these benefits of solitude do you need the most? How does the world keep us from remembering and receiving these truths?

There are many obstacles to solitude – from the noise of the world to our own fears of being alone with our thoughts. What scares you the most when you approach times of solitude and silence? Why is it hard for us to do the introspection that comes with solitude? What difference does it make to know God meets us there?

Kyle challenged us with a simple acronym (SPACE) to help us begin the practice of solitude. Which of these challenges come the easiest for you? Which will be the most challenging? What’s one practical step you can take to start practicing solitude? Close by praying each other to be faithful in this discipline.