



BelPres Church

Purpose Bigger Than My Plans

Ice-breaker Question: Are you a traveler or a homebody?

Opening Prayer:

Jesus, use our ordinary lives for Your good work. We're listening. Show us who You've placed in our paths today.

Practice Reflection Questions:

What stands out from your prayer or journaling time this week? Did you pursue a nudge or prompt to action? What did you do and how did it go? Did your family try the family practice? How did that go?

This Week's Scripture:

Mark 1

"The beginning of the good news about Jesus the Messiah, the Son of God,² as it is written in Isaiah the prophet:

"I will send my messenger ahead of you,
who will prepare your way"—

³"a voice of one calling in the wilderness,

'Prepare the way for the Lord,
make straight paths for him.'"

⁴And so John the Baptist appeared in the wilderness, preaching a baptism of repentance for the forgiveness of sins. ⁵The whole Judean countryside and all the people of Jerusalem went out to him. Confessing their sins, they were baptized by him in the Jordan River. ⁶John wore clothing made of camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. ⁷And

this was his message: “After me comes the one more powerful than I, the straps of whose sandals I am not worthy to stoop down and untie.”⁸ I baptize you with water, but he will baptize you with the Holy Spirit.”

The Baptism and Testing of Jesus

⁹At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. ¹⁰Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. ¹¹And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.”

¹²At once the Spirit sent him out into the wilderness, ¹³and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

Jesus Announces the Good News

¹⁴After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. ¹⁵“The time has come,” he said. “The kingdom of God has come near. Repent and believe the good news!”

Jesus Calls His First Disciples

¹⁶As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake, for they were fishermen. ¹⁷“Come, follow me,” Jesus said, “and I will send you out to fish for people.” ¹⁸At once they left their nets and followed him.

¹⁹When he had gone a little farther, he saw James son of Zebedee and his brother John in a boat, preparing their nets. ²⁰Without delay he called them, and they left their father Zebedee in the boat with the hired men and followed him.

Jesus Drives Out an Impure Spirit

²¹They went to Capernaum, and when the Sabbath came, Jesus went into the synagogue and began to teach. ²²The people were amazed at his teaching, because he taught them as one who had authority, not as the teachers of the law. ²³Just then a man in their synagogue who was possessed by an impure spirit cried out, ²⁴“What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!”

²⁵ “Be quiet!” said Jesus sternly. “Come out of him!” ²⁶ The impure spirit shook the man violently and came out of him with a shriek.

²⁷ The people were all so amazed that they asked each other, “What is this? A new teaching—and with authority! He even gives orders to impure spirits and they obey him.” ²⁸ News about him spread quickly over the whole region of Galilee.

Jesus Heals Many

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.

Jesus Prays in a Solitary Place

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.

Jesus Heals a Man With Leprosy

⁴⁰ A man with leprosy came to him and begged him on his knees, “If you are willing, you can make me clean.”

⁴¹ Jesus was indignant. He reached out his hand and touched the man. “I am willing,” he said. “Be clean!” ⁴² Immediately the leprosy left him and he was cleansed.

⁴³ Jesus sent him away at once with a strong warning: ⁴⁴ “See that you don’t tell this to anyone. But go, show yourself to the priest and offer the sacrifices that

Moses commanded for your cleansing, as a testimony to them.”⁴⁵ Instead he went out and began to talk freely, spreading the news. As a result, Jesus could no longer enter a town openly but stayed outside in lonely places. Yet the people still came to him from everywhere.”

Scripture Reflection Questions: Read this week’s scripture together and discuss the following (note: we use the same scripture reflection questions each week so that we can practice using the same tools over time as we examine different scriptures)

- What do we learn about God’s story in this passage?
- What do we learn about our story in this passage?

Talk:

- Where do you spend most of your everyday life and how could Jesus use you right there, as you are?
- Has Jesus ever redirected your plans in a way you didn’t expect? What happened?
- Who is already in your daily path that Jesus might be inviting you to notice with love and intention this week?

Action Plan:

Review the action prompt below, share any initial ideas of how you might pursue this practice this week.

- Think of someone in your current rhythm: co-worker, neighbor, classmate, barista, coach, teammate. Serve them in a natural, non-weird way; carry something, show up early, bring coffee, offer help, invite them to sit with you, or send encouragement.
- If they ask why, answer simply: “Because I follow Jesus, and He sees you.”
- If they show curiosity, say: “If you ever want to explore Jesus more, I’d love to bring you with me to ____ and offer one clear invitation: for a walk this week, for dinner at my house, Sunday worship, etc.”

No pitch. Just presence.

Closing Group Prayer:

Spend a few minutes together in your group sharing prayer requests and then praying together for each other. Take the challenging parts of your conversation to Jesus. Thank God for the time together, the conversation shared, the other people in the group, and for encouragement for the week ahead.