



*sermon follow-up guide*  
*Week 3: Financial Fears*



## GET GOING-

1. Talk about a time in your life when you were ridiculously tired. It could be something like a time you stayed up all night cramming for an exam, or a road-trip you took, etc. What finally happened when you hit the wall?

## GET PERSONAL

2. What did you think about Paul's treadmill illustration? How can you relate to the feeling of always being on the go?

## WHAT'S NEXT?

Tonight we want to spend some time looking at Jesus' life by checking out a few accounts recorded in the book of Mark. Spend some time talking about the demands of Jesus' life and how we can follow the example He set for us!

- **Read Mark 2:1-12**

2. Jesus was always in demand. What did you notice in this passage about the crowds around Jesus? What were the friends in this story willing to do in order to get to Him?
3. Our schedules are saturated. It can feel like there are literally not enough hours in the day! What are some things that fill your schedule and keep you constantly on the move?
4. As you look at your own schedules, would you say the demands are mostly self-inflicted or circumstantial? Share some ways you could intentionally slow down the pace of your treadmill.

• **Read Mark 5:21-34**

5. Jesus was always with people. How does Jesus respond to the women who touched His clothes looking to be healed? How does this account show us that Jesus was present with people even in the middle of the demands of life?
6. We all want to protect our time because we are busy. Yet, Jesus shows us that people are more important than *to-do* lists. What can we learn from Jesus who focused in on an individual even when He was doing something important?
7. Andy Stanley has a saying: “Do for one, what you wish you could do for everyone.” Essentially it means we can’t help everyone, but we can help *someone*. Who is someone that God has put in your life that needs you to stretch out and be present with them?

• **Read Mark 1:35-37**

8. Jesus was always spending time with His Father. No one was busier than Jesus. Yet He never allowed His schedule to be an excuse from spending time with God. What did you notice about when Jesus would spend time with His Father?
9. Life is not going to slow down anytime soon. How can we make sure that we “stretch up” and spend time building into our relationship with God? What are some practices that have worked well for you personally? What do you find challenging about spending time with God?

## Stretch Out :: Stretch UP

### PRAY

Now’s a great time to practice stretching out and stretching up! Take a few minutes to be honest with one another about whether you need help connecting with others or connecting with God. He never made us to do life alone. As you pray, ask God for wisdom in helping you manage your time so that you don’t find yourself overwhelmed by life’s demands.

### DON’T FORGET

Encourage your group members to check out these passages during the week to keep the learning going and relationship with God growing.

*Mark 1:35-37 :: Mark 2:1-12 :: Mark 5:21-34 :: Mark 6:30-46 :: Mark 14:12-26*

For further application, use the App Notes which are posted each day on our Facebook Page. If you’ve missed this week’s message, you can watch online at [parkerhill.org](http://parkerhill.org)