

GETTING THE MOST OUT OF THIS BOOKLET

1. Give God your best time. For each person this will be different but, as much as we may not like to admit it, for most of us that time is before the day's other activities begin. It was for Jesus (Mark 1.35-39). A good 10 minutes beats a poor 60 minutes.

2. Put away all distractions (mobile phone, email, diary etc.), **focus**, and commit the time to God in prayer. You might like to use a prayer like this one:

Heavenly Father, help me to give you all my thoughts and attention now. Open my ears to your Word and my spirit to your Holy Spirit. Guard me from everything that is not from you, and draw me closer to yourself. I ask this in Jesus name. Amen.

3. Read the passage set down from Mark's Gospel. Some of it is printed out, but most days you will need to go to your own Bible for the full text. Then read the comments about the passage that follow.

4. Spend a few minutes **pondering** the question(s) and record in a journal (or on the back pages) what God says to you. If you haven't done this before, simply ask God to lead your thoughts and to speak into your mind. He will. You will know if thoughts come which aren't from him, or you can check them with someone else you trust.

5. Pray. Each day there is a suggested prayer, but pray as you feel led by God's Spirit.

NB. This booklet is for personal use, but with the intention that you will take your journal/thoughts to your **family group** (if you belong to one) and, if appropriate (i.e. not too personal), **share** them with others for their inspiration and encouragement.

Sunday sermons will also be linked to Mark's Gospel and this booklet, and the hope is that each Sunday one or more individuals will be willing to share an insight or **testimony** from the previous week. Please don't hesitate to volunteer to your family group leader or directly to Michael.



THE ROAR OF THE LION

A journey through
Mark's Gospel

West Hamilton
Community Church