

# Discussion Guide — Essentials, Week 3

## *FaceTime with Jesus*

Text: Mark 1:35

### 1. The Example of Jesus

Mark 1:35 shows Jesus waking early to pray after a long night of healing and teaching.

- What does this say about His priorities?
- What might it look like for you to follow His example in your current schedule?

### 2. Passion for Prayer

Mark said, *“You do what you want to do — Jesus wanted to pray.”*

- How can we grow a genuine desire for prayer rather than viewing it as duty or guilt?
- What helps you *want* to spend time with God?

### 3. The Power of First

Jesus met with the Father *“very early in the morning, while it was still dark.”*

- Why do you think the timing of our prayer life matters (or doesn't)?
- How does starting your day with prayer affect the rest of your day?

### 4. Solitude and Distraction

Jesus went to “a solitary place.”

- What are the biggest distractions keeping you from real “FaceTime” with God?
- What practical steps can you take to create sacred space for prayer?

### 5. Presence Over Performance

The Hebrew word for “face” can also mean “presence.”

- How does that reshape your understanding of prayer?
- When was the last time you simply *sat in God's presence* without an agenda or list?

### 6. Listening Prayer

Jesus didn't just speak in prayer — He listened.

- Why is silence such a vital part of prayer?
- How can we train ourselves to listen more intentionally to God's voice?

## 7. Seeking His Preference, Not Just His Power

After praying, Jesus said, *"That is why I have come."*

- What does that teach us about aligning our will with God's rather than asking Him to bless ours?
- Can you recall a time prayer gave you clarity or direction rather than immediate answers?

## 8. Shaped by What We See

Mark said, *"You become what you contemplate."*

- What are some things you fix your attention on daily (screens, headlines, habits)?
- How do those influences shape your outlook or behavior?
- How might regularly "fixing your eyes on Jesus" change what you reflect to others?

## 9. The Blessing of God's Face

Numbers 6:24–26 describes God's face shining upon His people.

- What does it mean to you to have God's "face turned toward you"?
- How does regular FaceTime with Jesus help you experience peace, grace, and joy?

## 10. Making It Practical

FaceTime with Jesus is an *essential*, not a luxury.

- What small, specific commitment could you make this week to prioritize daily time in His presence?
- How can your group or family encourage each other to stay consistent in this practice?