



Busy is a way of life. We fill the hours of the week doing good things — things that shape our lives and move us toward our goals. Habits that give structure to life. But what if our habits could make us better? What if we could be part of making a real, lasting difference in the world? What could change for good if we shifted the things we pursue and the habits we build?

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

- What's one thing you're looking forward to in the future?
- Share something new or a highlight from this past week.

REVIEW

Open your Bibles and read from **Mark 1:35-45**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- Where do you like to go for a relaxing vacation?
- When you need time alone with God, where do you go? What do you like to do?
- What do you think Jesus prayed during his quiet time?
- What healthy habits would you like to develop? How can you go about making a plan to develop these habits?
- What is the most stressful or difficult thing in your life right now? What difference could getting along to pray make in handling that situation?
- Where do you need Jesus' special touch this week?
- How do these verses apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.