



# GROUP GUIDE

*Week of March 1*

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## **SPIRITUAL DISCIPLINE: DAILY DEVOTION**

Through Scripture, God equips us with all we need to learn about Him and live a life pleasing to Him. A daily rhythm of reading, meditating on, and applying God's Word to our lives is key. As you prepare to lean into this discipline, discuss the following questions:

- When during your day do you feel most attentive and present? How could you anchor Scripture into that time?
- What tends to compete for your attention before you open your Bible?
- How do you move from simply reading a passage to actually applying it?

## **SCRIPTURE: MARK 8-12 (from the NT reading plan; supposed to read prior to group)**

Take a look at the [POST Study Guide](#) – the method we recommend group members use each day when they read. Do a quick overview of this Bible study method as a group, then put it into practice by reading one of the chapters from this past week's reading (you choose!) and applying POST together. You might not have time to walk through every aspect of POST today, but the goal is just to practice together!

Be sure to set aside time for the Take Action portion of the guide and create "I will" statements with your group.

## **TAKE ACTION**

Focus on the T (Take Action) by ending our time asking two questions: What is God saying to me as I read His Word? What do I need to do to obey Him? You will spend time praying individually, asking God those questions. Then, you'll share what you believe He is telling you through an "I will" statement.

Pray as a group, asking God to show you what He's saying and what you need to do to obey. Then spend 2-3 minutes in silent prayer and reflection.

Share what you believe He's asking you to do next. Keep it as simple and practical as possible, using "I will" statements as a framework. All Members: Record each member's action step and pray for them throughout the week.

# POST STUDY METHOD

## STEP 1: PRAY AND PREPARE

- **PRAY** - Invite the Holy Spirit into your time, asking Him to teach you and speak to your heart. Turn over anything that may be distracting you.
- **PREPARE** - Watch the Bible Project video overview for the book you're reading and write down any observations or questions you have.

## STEP 2: OBSERVE

Read your chapter of Scripture multiple times for comprehension. Then, follow the suggestions listed below.

- **OUTLINE** - For this step, read the entire chapter and break it into sections that make the most sense to you. Outlining will cause you to naturally make observations you may have missed on a first reading.
- **ISPY** - Go through the chapter and underline or circle repeated words and phrases. Repetition is usually an indicator of something important. Look for answers to who, what, where, when, and why. Look for connection words like but, if, therefore, etc. They can help you see important comparisons, contrasts, and connections. Look for cultural and historical ideas that may be rooted in the culture at the time of the writing.
- **WRITE DOWN QUESTIONS** that come up as you study.
- **MAKE BULLETED LISTS, PARAPHRASE OR SUMMARIZE** what you observe by creating your own title for the passage.

## STEP 3: SEEK OUT

Now read other translations, commentaries, and/or study Bible notes to check your work, gain further insight and answer any remaining questions from Step 2.

## STEP 4: TAKE ACTION

1. What does this passage teach me about God and following Him?
2. What is God saying to me as I read His Word and listen to His voice?
3. What do I need to do to obey Him? (Make a tangible and practical commitment.) "I will..."

