

Re.Mark.Able Study
Week 10, Day 1

Prayer: Heavenly Father, thank You for yet another Re.Mark.Able story of how we can learn to live our lives the way You would have us to. Please help me to focus my thoughts and attention on You and what You would have me to learn today.

As you read the verses below, answer the following questions and then compare your answers with those that follow.

Who is in the text?
What is happening in the text?
When does the story take place?
Where does the story take place?
Why is this story in the Bible?
How does this story relate to me and my life?

Mark 1:35-39 New King James Version (NKJV)

35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed. **36** And Simon and those who were with Him searched for Him. **37** When they found Him, they said to Him, "Everyone is looking for You."

38 But He said to them, "Let us go into the next towns, that I may preach there also, because for this purpose I have come forth."

39 And He was preaching in their synagogues throughout all Galilee, and casting out demons.

Who: Jesus and His Disciples

What: Jesus wakes up early and departs from His disciples so that He can have time with His Father before another busy day was to begin.

When: Very early in the morning, before the sun was up.

Where: They were in Capernaum at the house of Simon Peter and Andrew during the first few verses but later left to preach the gospel throughout Galilee.

Why: Jesus is showing us how important it is to spend quiet time with our Father every day.

How: (This answer should be personal to each individual.)

Prayer: Heavenly Father, thank You for this Re.Mark.Able story to show me how important it is to begin each day praying with You and focusing on my relationship with You. Help me to go forth today seeking You and Your will in my life.

Re.Mark.Able Study
Week 10, Day 2

Prayer: Heavenly Father, help me to make You a priority in my life. Help me to see that You are in control and will guide me throughout the day if I start my day with You and listen for Your guidance.

Mark 1:32-34 New King James Version (NKJV)

32 *At evening, when the sun had set, they brought to Him all who were sick and those who were demon-possessed. 33 And the whole city was gathered together at the door. 34 Then He healed many who were sick with various diseases, and cast out many demons; and He did not allow the demons to speak, because they knew Him.*

35 *Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.*

This was not just an ordinary morning. This was at the beginning of Jesus' ministry. As we see in the above verses, Jesus had spent the entire previous day preaching and performing miracles of healing. He did not return to the home of Simon Peter and Andrew until late in the evening. Jesus had to have been exhausted, yet early the next morning, well before it was daylight, He awakened to prepare for another busy day.

Jesus provided us with a remarkable example of how to manage our busy lives! No matter how busy we think we are, our main priority should be to start out in prayer with our Heavenly Father. When we awake every morning we have the opportunity to start our day with a fresh slate and on a positive note. We have the opportunity to lay our day out before our Heavenly Father and to ask Him for guidance, strength, and protection throughout the day. Are you seizing this wonderful opportunity to start your day off right?

Beginning our day off in prayer is a great start but what else does God desire from us? Starting our day off in prayer is going to get our cups filled right away and started off on the right foot. However, if we are going to keep our cups refilled throughout the day, we also need to be in the Word. So, to study the Bible we need to figure out the time of day when we are most able to focus on reading the Bible and hearing from the Holy Spirit. Please answer the questions below to help figure out a time that is best for you.

What time of the day are you most likely to be able to sit down in a quiet space?

What time of the day is your focus and attention span at its best?

What do you need to cut out to make time in your day for studying the Bible? (Cody encouraged us to not squeeze in what is important but to cut what is least important out.)

Remember to aim for seven days a week but give yourself some grace as you are starting out and track your progress toward your goal. Also remember that slow and steady win the race; your goal is to look back in a year and see that you have grown and are more consistently in the Word.

Prayer: Father, thank You for the opportunity to start my day anew with You every morning. Help me to find a consistent time of study so that I am able to seek You every day all day as You lead and guide me in Your ways.

Re.Mark.Able Study
Week 10, Day 3

Prayer: Heavenly Father, thank You for another day to seek You and the opportunity to be in Your presence. Help me to block out all distractions and focus on learning how to better communicate with You every day.

Mark 1:35-37 New International Version (NIV)

35 *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. 36 Simon and his companions went to look for him, 37 and when they found him, they exclaimed: "Everyone is looking for you!"*

...went off to a solitary place.....

Jesus chose to go to a place where He would be able to connect with His Father without distraction. Jesus knew the importance of uninterrupted time and fellowship with God. People were coming from all over to hear Him preach and to be healed by Him. Jesus knew that to have the time He needed with His Father that He would have to go to a place where people would have to intentionally find Him.

Where do you go to have solitude with God? We all have distractions. Some of us have kids of all ages who clamour for our attention, some have jobs that demand attention, some have minds that are constantly fluttering about the many things that need to take place that day. We all have things that interfere with our focus and connection with our Father. It is for those reasons we need to find a place where we are less likely to be interrupted.

One of the biggest distractions of this day and age is our phones. We are constantly getting notifications about one thing or another. Each time we choose to check these notifications

we are allowing them to rob us of our time and focus with Him. How do you plan ahead for possible distractions?

Prayer: Dear Lord, help me to seek You in a solitary place every day. Help me to seek you and make a specific time to meet with You regardless of what is going on in my life. Help me to also block out the many distractions that come my way each time I seek You.

Re.Mark.Able Study
Week 10, Day 4

Prayer: Heavenly Father, thank You for Your example of purpose and mission on this earth. Help me to find the mission and purpose that You have for my life.

Mark 1:38 *But He said to them, "Let us go into the next towns, that I may preach there also, because for this purpose I have come forth."*

....For this purpose I have come forth....

Jesus did not let anything get in the way of His mission. His mission was to preach and proclaim God's message. Jesus was focused on this mission and would not be distracted. He knew that to be able to accomplish that mission He would need to be in close relationship with the Father. What is your God given purpose? Do you know why you are on this earth and what the Father's plan is for you?

Last week we discussed the Trinity: God the Father, God the Son, and God the Holy Spirit. The Holy Spirit is who we seek when we go to God in prayer. We seek to hear from the Holy Spirit. We seek His guidance and direction for the day and our lives as a whole. Are you listening FOR the Holy Spirit each day? Are you listening TO the Holy Spirit every day?

The God of the universe is available and wants to speak to each and every one of us. You have access to Him every moment of the day. Do you seize the opportunity to be with Him throughout the day? Do you make time to hear from Him throughout the day and ask for His guidance or do you get so busy that you don't have the time to ask for His help?

Prayer: Heavenly Father, thank You for being available to me every minute of the day. Thank You for Your constant presence in my life and for watching over me even when I do not take time out of my day to listen for You. Help me to seek the Holy Spirit and listen for Your purpose in my life and follow You wherever You may lead me.

Re.Mark.Able Study

Week 10, Day 5

Prayer: Heavenly Father, thank You for another day to start fresh and to be with You and in Your Word. Help me to make the best of this day and to make a difference in Your kingdom.

This week we have focused on starting our our day in prayer and making time to be in the Word. Today we will look at some verses that show us that it is not enough to just spend time in prayer each morning and to be in the Word each day but it is important to take time to seek Him and pray throughout the day as well.

As you read the verses below, notice that Jesus started each day in prayer but it did not end there. Jesus sought the presence of His Father throughout the entire day and night.

Luke 6:12 (NKJV)

12 Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God.

Matthew 14:23 (NKJV)

23 And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.

Mark 6:46 (NKJV)

46 And when He had sent them away, He departed to the mountain to pray.

Luke 11:1 (NKJV)

1 Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray, as John also taught his disciples."

What a remarkable example Jesus gave of our need to consistently seek the presence of our Heavenly Father.

Take some time today to evaluate your time with God. Do you have a plan in place that will allow you to start each day in prayer with Him? Have you identified a time and place to study the Bible? Have you found ways to pray and seek His presence throughout your day?

Prayer: Heavenly Father thank You for story after story of Your remarkable works and a roadmap of how I should live my life. Please help me to develop and implement a prayer and study plan I will be able to maintain. I know that it will help me to grow closer to You and Your plan for my life. Thank You for Your grace and mercy as I seek ways to strengthen my relationship with You.