



# LIFEGROUPS

Series: *Reset*  
Message: *Focus*

Scripture: *1 John 2:6,*  
*Mark 1:1-45*

Date: January 5 & 6, 2019

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—[ LET'S START ]—

At the beginning of his sermon, Pastor Dale talked about the five most common New Year's Resolutions. They are: losing weight, exercising more, quitting smoking, spending less and enjoying life more. Have you made a New Year's Resolution this year? What is your resolution? What New Year's Resolution have you made and kept in the past that you are most proud of?

—[ LET'S TALK ]—

1. **GRATITUDE:** What happened last week for which you are thankful?
2. **PRAYER:** What challenges do you see in your life? Your family? The World? As a group, take some time to pray. Thank God for the beautiful ways that He has been at work, and pray about the challenges that those in your group are currently facing.
3. Read 1 John 2:6. Pastor Dale said that the best and greatest of all resolutions is to live like Jesus. Over the next few months we are going to be studying the life of Jesus as told in the Gospel of Mark. What excites you about studying the life of Christ?
4. Read Mark 1:1-20 together as a group. What does this passage teach us about God?
5. What does this passage teach us about people?
6. What are some ways this passage shows us how focused Jesus was on His mission?
7. Read Ephesians 1:4-6. What has God chosen us to do? (Hint: see Mark 1:17)
8. Re-read Mark 1:9-11. Pastor Dale spent a lot of time unpacking these verses, talking about the way that Jesus lived a life of dependence upon the Holy Spirit, the relationship that Jesus had with the Father, and the awareness that Christ had of the heavenly realm. How can you live in greater dependence upon the Holy Spirit in 2019? How can you live with a deeper understanding of God's love for you in 2019? How can you live with a greater awareness of the heavenly realm as you live your life for Christ in 2019?

—[ LET'S ACT ]—

Pastor Dale gave us all some homework for this week. Every morning and every evening this week he has challenged us to commit to the following for 2019:

***By God's help I aim to daily practice resetting my focus on God's purpose for my life!***

***By God's help I am daily to reset my focus on Christ by surrendering my life to the control of the Holy Spirit.***

***By God's help I aim to daily refocus and remind myself that God loves me unconditionally and I make Him glad!***

***By God's help I aim daily to refocus my faith on the awareness of the heavenly realm as I live my life for Christ in this world.***

Let's close our time by praying for each other. Let's pray that all of us will commit to live this way in 2019.

—[ SERMON REVIEW ]—

- The best and greatest of all resolutions is to live life like Jesus.
- One of the major themes of Mark's Gospel is how focused Jesus was on His mission while living on the earth.
- As Christ's followers, with God's help, we should aim to daily practice resetting our focus on God's purpose for our lives.
- Mark 1:17 teaches us that God has chosen us to follow him, be changed by Him, and to be on mission with Him. We should do this in at least three areas of our lives – in our thoughts and ideas, in our words, and in our actions.
- Jesus whole life was dependent on the power and presence of the Holy Spirit.
- As Christ's followers, with God's help, we should aim to daily reset our focus on Jesus by surrendering our lives to the control of the Holy Spirit.
- At Christ's baptism, God the Father essentially said, "You are my wonderful Son, you make me very glad!" He feels the same way about you. As Christ's followers, with God's help, we should aim to daily refocus and remind ourselves that God loves us unconditionally and that we make God glad.
- At His baptism Jesus saw the heavens break open. He lived in awareness of the heavenly realm. As Christ's followers, we too should live in awareness of the heavenly realm as we live our lives for Christ in this world.

—[ NOTES ]—

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