



Today, we continue in our series, “Unreasonable God.” We’ve titled this series “Unreasonable God” because God went beyond the normal in giving us Jesus, and this unreasonable God calls us to unreasonable obedience as we follow Him. Today’s study is titled “Unreasonable Prayer.” Today, we’ll consider the pattern of Jesus’ prayer life described in Mark 1, highlighting His “unreasonable” commitment to prayer. We’ll consider how Jesus balanced mission with wisdom by prioritizing time alone with God and adopting this pattern into our daily lives as we aim to avoid burnout.

**Key Passage:** Mark 1:32-38

**Discussion Questions:**

1. From the sermon, what parallel was made between how we handle our car’s gas tank and live our daily lives/serve God?

Take a quick survey of your group, asking who fills up their gas tank before they get close to empty and who sees how long they can drive on empty before their car gives out.

The sermon drew a parallel between those who drive on empty and those who serve God while spiritually drained. Just as some of us push our cars to the limit before refueling, some attempt to serve God without taking time for spiritual renewal, frequently leading to burnout. A follow-up question might be: Why are we tempted to spiritually run on empty and risk burnout?

2. What does Mark 1:35 reveal about the importance of prayer in Jesus’ life?

Mark 1:35 shows that despite being physically exhausted from a full day of ministry, Jesus rose early to pray in a lonely place. This highlights His priority to pray, a vital part of His life and ministry, even when rest might seem more reasonable.

Do we have an “unreasonable” commitment to daily time with God? It seems illogical to wake up early and prioritize time alone with God, especially after a long and exhausting day of ministry or work. Yet Jesus models this kind of commitment to prayer.

3. How does the instruction to “divert daily, withdraw weekly, abandon annually” contribute to our spiritual health? What’s the value of incorporating each of these practices? What risks do we run by ignoring them? Why are we tempted to minimize their importance?

This phrase encourages a rhythm of rest and renewal. “Divert daily” refers to spending time alone with God each day, “withdraw weekly” refers to observing a Sabbath or day of rest, and “abandon annually” refers to taking extended periods of rest, such as vacations, to recharge spiritually and physically.

4. Why did Jesus silence the demons, even though they recognized Him as the Son of God? What lesson can we learn from the fact that the demons knew who Jesus was but didn't follow Him?

Jesus silenced the demons because it wasn't the right time for His full identity to be revealed in that manner. He had control over the situation and didn't want the demons' testimony to shape how His message would spread.

Mere knowledge of Jesus is not enough. Even the demons knew who He was but didn't submit to Him. We must recognize who Jesus is and follow and obey Him in our lives.

5. How does Simon Peter's reaction to Jesus' praying align with our perspective on the busyness of life? How can the "fear of missing out" cost us spiritually? How can we balance the demands of daily life and our need for spiritual renewal?

Peter's urgency shows how we often expect constant availability from those in positions of help and of ourselves when considering the day's priorities. Still, Jesus demonstrates the importance of setting boundaries that foster spiritual renewal while keeping a busy schedule.

We can avoid burnout by following the pattern Jesus set: prioritizing daily time alone with God, observing weekly rest (Sabbath), and taking extended periods of rest annually. Doing so allows us to be spiritually refueled and equipped to serve others effectively without depleting themselves.

6. What is the significance of Jesus departing to a place of silence and solitude to pray? How does Jesus' life model Psalm 46:10? How does this compare to the tyranny of the digital age in which we live?

By departing to a lonely place, Jesus demonstrated the importance of solitude in prayer. It shows that uninterrupted, focused time with God is crucial, even when others seek attention or help. This underscores our need to withdraw from distractions to pray.

7. What about this study has challenged you most? What's your biggest takeaway?