

Week 1

What's one thing you could do for hours without getting distracted, and what's one thing you get distracted from immediately?

The teaching talked about how chaotic and distracted our minds can be. Where do you feel the most "noise" in your life right now?

Why do you think it's easier to give hours to our phones but only minutes to God?

Read Mark 1:35–39

What do you notice about *how* Jesus spends time with God?

What does this story show us about what a relationship with God requires?

When have you felt closest to God in your life? What helped create that closeness?

What makes prayer or quiet time feel difficult?

The challenge for the week is to pick a **time** and **place** to be with God. **If you picked right now — where and when would that be?**