

Mark 1 — The beginning of the good news

Mark 1

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

How does Jesus begin his ministry, and how do people respond to him throughout this chapter?

2. What does it show me about people — and about myself?

Jesus calls ordinary fishermen and they leave everything at once. What would 'leaving the nets' look like for you?

3. What will I obey this week? (a concrete step, with a day)

Jesus rises early to pray before a demanding day (v. 35). What will you change this week to seek the Father first?

4. Who will I tell?

The healed man 'began to talk freely' about Jesus. Who will you talk to about him this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, you came announcing that the kingdom of God is near. As I begin this whole book, help me drop my nets like those first disciples and follow you.



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