

- 6 *Mark 16*  
What difference does the hope of resurrection make to your own attitude to life ... and death?
- 7 *Psalms 1*  
The notes invited you to imagine yourself in the scene of *verse 3* - a "tree planted by streams of water."  
What did you picture as you did so (or do so now) and how did (does) it make you feel?
- 8 *1 Peter 5*  
"All of you, clothe yourselves with humility towards one another" (*verse 5*). The notes contained the example of the holy monk who was mistaken for a lowly servant.  
Have you ever been on the receiving end of something like this, being judged by your appearance rather than your character on the inside? How did it make you feel?  
Are there times when you've done the same to others?
- 9 *2 Peter 3*  
The Lord is "patient" with us (*verse 9*).  
How about you? Are you a patient person?  
SACRED will take a long time: is this frustrating for you, or do you find pacing yourself helpful?
- 10 *Psalms 6*  
"How long, O Lord, how long?" (*verse 3*).  
Are there times when you've found yourself crying out to God in total despair at the way your life is going?  
Did you sense his presence with you as you did so?  
Is complaining to God appropriate for a Christian?

### **Closing**

*Quietly reflect on the discussion you have had, and pray for God's help in addressing any specific matters that have arisen for you personally. End by saying together the Lord's Prayer.*

# SACRED

## Group Resources

### Month 1

## Opening Prayer

O gracious and holy Father, give us wisdom to perceive you, intelligence to understand you, diligence to seek you, patience to wait for you, eyes to behold you, a heart to meditate upon you, and a life to proclaim you, through the power of the Holy Spirit of our Lord Jesus Christ.

Amen.

*(a prayer of St. Benedict, c.480 – c.547)*

## General Questions

- 1 Share with one another what pattern you have adopted in following the daily readings: for instance, first thing in the morning, last thing at night, a frantic catch-up over the last few days... Are you happy with this, or are you hoping to change your pattern?
- 2 Has there been some specific way in which God's Word has spoken to you personally as you've been going through SACRED so far?

## Activity

Spend 5-10 minutes in an 'Ignatian' style meditation on a passage from *Mark*. Any passage might be possible but I suggest one of these: the healing of the blind man (8:22-26); the triumphal entry (11:1-11); or Jesus being anointed with oil (14:1-9).

Having selected the passage, one person should read it out softly and slowly while the others quietly listen with their eyes closed. As you hear the unfolding story, imagine yourself into the scene. Think about the surroundings, the weather, the central characters, the watching crowd etc. Where are you in the scene? How are you feeling? What are you thinking? And what is God saying to you through the whole encounter? Discuss this with the group.

## Further Ideas for Discussion

*You shouldn't aim to go through all these questions, but rather to spend time on just a few of them as the group sees fit.*

- 1 *Mark 1-16*  
As you read Mark's Gospel, what single characteristic of Jesus stood out the most for you?
- 2 *Mark 2*  
Jesus heals a paralytic (verses 1-12). What was the reaction of the crowd? How would the 'crowd' respond to witnessing a dramatic healing miracle today?  
  
The four who brought the man to Jesus demonstrated their faith in him, as well as their love for their friend. Can you think of times where people have helped you in your Christian journey? How did it feel?
- 3 *Mark 4*  
The Parable of the Sower (*verses 1-20*). I wonder what the "rocks" and "thorns" are in your life that so easily seem to choke your everyday spiritual walk with Christ? How can you combat them?
- 4 *Mark 10*  
"For even the Son of Man did not come to be served but to serve, and to give his life as a ransom for many" (*verse 45*). How well does your church serve its local community? Can you think of 'gaps' in this aspect of its mission and ministry? How might those gaps be filled?
- 5 *Mark 15*  
As you read the story of Jesus' trial and crucifixion, did it give you any fresh insights into what it all cost him? Do you believe he did this for you?