

## **Scripture and Background Information for January 5-11**

### ***The Soul Can't Hustle***

To prepare for your group discussion each week, group members should use the **Community Group Discussion Guide** to complete the **GOD'S WORDS** and **MY WORDS** columns using the scripture below.

Hustle is the way to win at almost anything in life, except when it comes to our souls. Most of us are living an external life that our internal life can't keep up with. All of our "getting ahead" has left us feeling like we'll never catch up. We're anxious, exhausted, overwhelmed and lonely, and we think it has to be this way. What if it doesn't? This four-week series is designed to help 2020 be the year we finally find a life that doesn't cost us everything.

#### **Background for Luke 5:15-16**

Luke's gospel is known for being an historical account of Jesus' life and ministry (Luke 1:1-4). Among the details that Luke provides, Luke often provides details in Luke 5:15-16 about Jesus that might otherwise go unnoticed by another Gospel writer. In the midst of an incredibly busy season in Jesus' ministry, Jesus withdraws and prays. After working miracles, preaching, calling the disciples, and healing a leper, Jesus sought stillness and solitude as part of his routine. Jesus, himself, models a habit of health that we too are invited to follow.

#### **Scriptures for the upcoming weeks:**

**January 12**

**Mark 2:27-28**

**January 19**

**Mark 6:7-11**