

# GROUP DISCUSSION

Questions for facilitating dynamic discussion

**The Speed of Joy**  
**Week 3: Recharging the Soul**  
**Mark 1:35-38**

**June 21, 2025**  
**Dave Griffin**

In our fast-paced world that never slows down, Jesus shows us a better path — a daily rhythm that sparks delight and purpose. This sermon series is all about discovering how to live with vibrant peace. This week, we're looking at how Jesus made godly, wise decisions that ultimately led to joy.

## **Kicking It Off:**

What's one piece of advice that someone shared when you were younger that's stuck with you in life?

## **Discussion:**

1. Have you ever ignored a "big warning" sign like Dave did on the horse? What happened? What did you learn as a result of ignoring it?
2. Dave shared a simple definition of wisdom: *knowing what God wants, and then doing it*. What makes this such a challenge for most of us?
3. By way of review, here's the SLAW formula for how to make a godly decision. What appeals the most to you with these principles? Which step is most regularly a struggle for you?

**S – slow down** (Mark 1:35)

**L – look at the options** (Mark 1:38)

**A – ask God** (Mark 1:35)

**W – walk in what He wants** (Mark 1:39)

*"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."* (Mark 1:35, NIV)

4. As you're praying and asking God to reveal His will, Dave added four additional factors to consider when facing a decision:

**H1 - Is it holy? | H2 - Is it healthy? | H3 - Is it helpful? | H4 - Will it make me happy?**

Where can you apply these questions this week? What practical steps could you take to remember them? (e.g., text a friend, write them on your mirror, keep in your wallet, etc.)

5. How might the enemy want to keep us from fully walking in God's will and joy for our lives? What can we do about it?

## **Wrapping Up:**

How can our small group support you this week regarding an upcoming decision you need to make? Pray that we may each let our lives shine and have the light of Jesus, like John 8:12. And may we be wise to walk in God's will — where true joy is found.