

# into the woods

## Part 1: The Habit of Jesus

### Introduction

Throughout the Gospels, Jesus prioritizes a habit foreign to our fast-paced and hurried world. And it is one he invites us into.

### Discussion Questions

1. Fill in the blanks: *I have an unhealthy habit of \_\_\_\_\_ . I would like to introduce the habit of \_\_\_\_\_ in my life.*
2. What aspects of your life are currently making you feel *overwhelmed*?
3. Read two passages: Mark 1:35 and Luke 5:15–16. Why did Jesus withdraw and retreat so regularly during his ministry?
4. Jesus would often withdraw and/or retreat into the *eremos*. (Reminder: *eremos* is the ancient Greek term that literally means “wilderness,” “solitary place,” or “quiet place”.) When was the last time you withdrew or retreated from the regular demands of life? Was it helpful?
5. For most of us, the idea of withdrawing and retreating that Jesus modeled seems like a foreign habit. How can you incorporate the habit of making space for God as a regular habit in your life? Are there any resources or apps that can help build that rhythm into your life? Is there something your small group can do to support you?

### Changing Your Mind

*But Jesus often withdrew to lonely places and prayed.*

**Luke 5:16**