

Monday (Feb.4 <sup>th</sup> )	<p><b>Scripture: Mark 6:14-29</b></p> <ol style="list-style-type: none"> <li>1. Ponder on this question <i>carefully</i>: <i>Personally, who is Jesus to you? Why?</i></li> <li>2. According to <i>John's</i> response to Herod and how Herod treated him, how would you describe <i>John's</i> characteristics? Vs. 18-20 <ul style="list-style-type: none"> <li>• What can we learn from <i>John the Baptist</i> toward unlawful acts/issues in today's society?</li> <li>• What does <i>Herod's</i> promise on oath to Herodias' daughter teach/remind us about making promises? Vs. 22-27</li> <li>• What promises have you made to others/God that are still not fulfilled? Why and how would you fulfill them?</li> </ul> </li> </ol>
Tuesday (Feb.5 <sup>th</sup> )	<p><b>Scripture: Mark 6:30-34</b></p> <ol style="list-style-type: none"> <li>1. What feelings do you have from reading these words of Jesus: "<u><i>Come with me by yourself to a quiet place and get some rest</i></u>"? Vs. 31</li> <li>2. What was <i>Jesus's</i> first emotion/response to the large crowd of people when he landed on shore? Why? Vs. 34 <ul style="list-style-type: none"> <li>• What do you usually do in action when you have compassion on someone?<sup>1</sup></li> <li>• How should a person with a compassionate heart live his/her life? Do you live such a life? Why/why not?</li> </ul> </li> </ol>
Wednesday (Feb.6 <sup>th</sup> )	<p><b>Scripture: Mark 6:35-44</b></p> <ol style="list-style-type: none"> <li>1. When the large crowd of people needed help/food, what excuses/reasons did the disciples give Jesus? Vs. 35-37 <ul style="list-style-type: none"> <li>• How is the disciples' perception on people and their needs differ from Jesus?</li> <li>• How about your perception on people and their needs? Like the disciples or Jesus? Why?</li> </ul> </li> <li>2. According to what Jesus did to the people in this passage, who would you say Jesus is, especially to those who believe in him? Vs. 38-44 <ul style="list-style-type: none"> <li>• How are you comforted/encouraged from Mark's description of the people's condition after Jesus fed them, "<i>They all ate and were satisfied</i>"? Vs. 42</li> </ul> </li> </ol>
Thursday (Feb.7 <sup>th</sup> )	<p><b>Scripture: Mark 6:45-52</b></p> <ol style="list-style-type: none"> <li>1. Where did Jesus go/what did he do after a full day of work &amp; teaching? Vs. 46? <ul style="list-style-type: none"> <li>• When is your "quiet time" with God during the day? Make a daily habit or a routine to be in communion with God.</li> </ul> </li> <li>2. Why do you think the disciples cried out and were terrified when they saw Jesus walking on the water though they witnessed the feeding of the 5000 earlier? What spiritual lesson have they not learned? Vs. 47-50a, 52 <ul style="list-style-type: none"> <li>• For the month of February, practice this breath prayer: "<i>Jesus said, 'Take courage! It is I. Don't be afraid'</i>". Vs. 50b</li> <li>• What happened when Jesus climbed into the boat with the disciples? What spiritual life lesson does this "<i>togetherness with Jesus</i>" teach us? Vs. 51</li> </ul> </li> </ol>

Friday (Feb.8 <sup>th</sup> )	<p><b>Scripture: Mark 6:53-56</b></p> <ol style="list-style-type: none"> <li>1. Why do you think the people were able to recognize Jesus when there were so many of them around? Vs. 53-54 <ul style="list-style-type: none"> <li>• If Jesus were in a crowd, how would you recognize him (base on what)?</li> </ul> </li> <li>2. In this passage, what can we learn from the people seeking Jesus? Vs. 55-56 <ul style="list-style-type: none"> <li>• What happened when people encounter/touch Jesus?</li> <li>• Are there matters/issues in your life right now that you need to touch Jesus for help/healing? He is willing to help/heal you if you are willing to let him.</li> </ul> </li> </ol>
Saturday (Feb.9 <sup>th</sup> )	<p><b>Scripture: Mark 7:1-13</b></p> <ol style="list-style-type: none"> <li>1. How did Jesus rebuke the Pharisees and teachers of the law when they commented on the disciples eating with unclean hands? Vs. 1-9 <ul style="list-style-type: none"> <li>• How did the Pharisees and teachers of the law's observation on men differ from Jesus?</li> </ul> </li> <li>2. What do you think Jesus meant when he said, "<i>Thus you nullify the word of God by your tradition that you have handed down</i>"? <ul style="list-style-type: none"> <li>• Carefully think about your family/church/societal traditions you follow. Do they match up or in contrast with the word of God?</li> </ul> </li> </ol>
Sunday (Feb.10 <sup>th</sup> )	<p><b>Scripture: Psalm 37:34-40</b></p> <ol style="list-style-type: none"> <li>1. How did David describe the life of the wicked and ruthless man in comparison to those who wait for the LORD? Vs. 34-36 <ul style="list-style-type: none"> <li>• What are their respective futures? Vs. 37-38</li> </ul> </li> <li>2. In spite of all that the wicked do, what does the Lord do for the righteous/those who take refuge in Him? Vs. 39-40 <ul style="list-style-type: none"> <li>• Memorize verse 39: "<i>The salvation of the righteous comes from the LORD; he is their stronghold in time of trouble</i>".</li> <li>• Are you currently in time of trouble? Come to the LORD for He is your stronghold in such times.</li> </ul> </li> </ol>

<sup>1</sup>Jesus' compassionate heart towards the people was followed by action. That is, "he began teaching them many things".

<sup>2</sup> Hint: It has something to do with Mark 6:34, especially the last part of verse 34.