

**Back To School**  
**Mark 1:35-39**

How Can We Get To A Healthy “New” Normal?

R \_\_\_\_\_

P \_\_\_\_\_

M \_\_\_\_\_

**Recipe for Success**

1. Find a time.
2. Find a \_\_\_\_\_.
3. Find a \_\_\_\_\_.
4. Find a friend.

**Life Group Discussion**

*Ice Breaker*

- Your favorite song in high school? Why?
- Any music you like that might surprise people?

*Digging In*

- What are some habits you have that are healthy?
- What are some healthy habits you want to build into your life?
- How are you planning on handling a new school schedule?
- Why do you think that Jesus consistently got away to pray and spend time with his Father?
- Can you find some of those verses? (Hint: Use help in the back of your Bible or type in keywords on your phone’s Bible app).

*Making it Personal*

- Have you tried having a regular, personal worship time with God?
- How did it go? What was the best part? Hardest?
- What are some obstacles for you to overcome in this area?
- What are possible solutions?
- Take “recipe for success” and write out your plan.

*Next Steps*

- Start.
- One day at a time.
- Share what you are learning.
- Keep going.