



30 DAYS DEEPER

GETTING STARTED

WEEK 1 • FORGIVENESS

WEEK 2 • CONFESSION

WEEK 3 • MINDFULNESS

WEEK 4 • LOVING OTHERS

WEEK 5 • SURRENDER

BONUS DAYS

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GETTING STARTED

Connecting with God daily is so important to our spiritual growth - we're excited to help you on this journey! Here's how to begin:

- 1) Find at least one person to join you for the 30 Days Deeper challenge.
- 2) Schedule a meeting (in person if possible!) with your group, using the questions below to discuss.
- 3) Decide on the day you want to start the daily exercises together - and then get started! Set up a group message so you can share daily updates with your group.

Questions for your first meeting:

- We want to start our times together checking in about how we're really doing. We love using the RPMS method. So let's discuss together: How are you doing relationally, physically, mentally, spiritually?
- Watch the [30 Days Deeper Welcome Video](#) together.
- What makes you want to do 30 Days Deeper? How are you hoping to grow over the next month?
- What's our start date for day 1 of the guide? (You'll meet with your group every 7th day so you can plan to meet up weekly at the same time. For example, if you start day 1 tomorrow, then day 7 will be this same day next week!)

You can follow this PDF guide, or sign up for 30 Days Deeper at ivlouisiana.com - you'll all receive the day 1 email the next morning after you sign up!

WEEK 1 • FORGIVENESS

DAY 1	Mark 1:1-15
DAY 2	Mark 1:16-34
DAY 3	Mark 2:13-3:6
DAY 4	Mark 2:13-3:6
DAY 5	Mark 3:7-19
DAY 6	Mark 3:20-35
DAY 7	Meet with Your Group

Go watch the [Week One Challenge Video](#) on YouTube!

DAY 1

If you haven't already, make sure to watch the [Week One Challenge Video!](#)

Mark 1:1-15 ✎

- What do we learn about John the Baptist?
- How does John prepare the way for Jesus?
- How might you help prepare those around you to encounter Jesus? Ask God for an opportunity today.

WEEK ONE CHALLENGE

Pray through the Lord's Prayer every day this week and reflect on the state of forgiveness in your life. Is there anyone God is inviting you to forgive? Is there anyone you need to ask for forgiveness? Take steps this week toward extending or asking for forgiveness.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

- Matthew 6:8-13 (NIV)

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 2

Mark 1:16-34

- What different responses do you see to Jesus' authority?
- What is Jesus accomplishing through his authority?
- How responsive are you to Jesus' authority? Ask the Holy Spirit to reveal any resistance in your heart.

WEEK ONE CHALLENGE

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Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

- Matthew 6:8-13 (NIV)

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DAY 3

Mark 1:35-2:12

- What details do you notice about Jesus' interactions with Simon, the man with leprosy, and the paralyzed man?
- How is what Jesus offers them more or different than what's expected?
- As you consider God's recent interactions with you, what can you say about what he wants to offer you? Interact with him about that.

WEEK ONE CHALLENGE

Pray through the Lord's Prayer every day this week and reflect on the state of forgiveness in your life. Is there anyone God is inviting you to forgive? Is there anyone you need to ask for forgiveness? Take steps this week toward extending or asking for forgiveness.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

- Matthew 6:8-13 (NIV)

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DAY 4

Mark 2:13-3:6

- What does Jesus do here that's unexpected or controversial?
- In these two stories, how is Jesus like new wine being poured into old and new wineskins?
- As you look at your own life, are there any "old wineskins" you can let go of? Ask God to prepare for you "new wineskins."

WEEK ONE CHALLENGE

Pray through the Lord's Prayer every day this week and reflect on the state of forgiveness in your life. Is there anyone God is inviting you to forgive? Is there anyone you need to ask for forgiveness? Take steps this week toward extending or asking for forgiveness.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

- Matthew 6:8-13 (NIV)

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 5

Mark 3:7-19

- As you imagine being one of this vast crowd, what might you see, hear, smell, and feel?
- What is the significance of what Jesus appoints the twelve to do (v. 14-15)?
- How is Jesus inviting you to be with him, and who is he sending you to? Thank him for the good message and healing authority he's given you.

WEEK ONE CHALLENGE

Pray through the Lord's Prayer every day this week and reflect on the state of forgiveness in your life. Is there anyone God is inviting you to forgive? Is there anyone you need to ask for forgiveness? Take steps this week toward extending or asking for forgiveness.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

- Matthew 6:8-13 (NIV)

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DAY 6

Mark 3:20-35

- What are the various voices of opposition to Jesus' ministry and what are their charges
- How does Jesus' explanation of his authority (v. 23-27) authenticate his ministry?
- How have you seen Jesus confront evil in your world? Thank and praise God for his power over evil.

WEEK ONE CHALLENGE

Pray through the Lord's Prayer every day this week and reflect on the state of forgiveness in your life. Is there anyone God is inviting you to forgive? Is there anyone you need to ask for forgiveness? Take steps this week toward extending or asking for forgiveness.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

- Matthew 6:8-13 (NIV)

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 7

Today is the day you'll meet with your group and reflect together on the last week!

Here are some questions to guide your time together:

- We love using the "RPMS" method to help get a little deeper and share how we're really doing! How are you doing relationally, physically, mentally and spiritually this week?
- What was it like to do the daily exercises this week?
- What are you learning about God and what are you learning about yourself?
- This week's challenge was...*reflect on the state of forgiveness in your life. Is there anyone God is inviting you to forgive? Is there anyone you need to ask for forgiveness? Take steps this week toward extending or asking for forgiveness.*
- What came up for you as you reflected on this challenge?
- What steps would you like to take this week toward extending or asking for forgiveness?
- Spend time praying for each other about the things you've shared today.

Resources

[Podcast on the Lord's Prayer, Video on the Gospel of the Kingdom](#)

WEEK 2 • CONFESSION

DAY 8	Mark 4:1-20
DAY 9	Mark 4:21-34
DAY 10	Mark 4:35-5:20
DAY 11	Mark 5:21-43
DAY 12	Mark 6:1-29
DAY 13	Mark 6:30-56
DAY 14	Meet with Your Group

Go watch the [Week Two Challenge Video](#) on YouTube!

DAY 8

If you haven't already, make sure to watch the [Week Two Challenge Video!](#)

Mark 4:1-20

- What characterizes each of the four responses to Jesus' words?
- How might Jesus teaching a parable that requires a personal explanation be like the farmer scattering seed on different soils?
- When you are confused by God's word or actions, what characterizes your response? Make plans to "stick around to ask questions" of Jesus.

WEEK TWO CHALLENGE

Pray this prayer of confession each day this week and reflect on areas of sin in your life that God is inviting you to address. Remember that God's grace is abundant and that Jesus' death and resurrection cleanses us from sin!

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of thy Name. Amen.

DAY 9

Mark 4:21-34

- As you consider carefully what you read, what are the key details of the Kingdom parables?
- What themes come across in more than one parable?
- How are you encouraged by this teaching on the Kingdom of God? Ask him to show you how to live today in faithful response.

WEEK TWO CHALLENGE

Pray this prayer of confession each day this week and reflect on areas of sin in your life that God is inviting you to address. Remember that God's grace is abundant and that Jesus' death and resurrection cleanses us from sin!

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of thy Name. Amen.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 10

Mark 4:35-5:20

- What can you tell from the text about how the various people are feeling in each of these intense situations?
- How does Jesus address each fear?
- What situations in your life are causing you to fear? Talk with Jesus about how you can choose faith over fear.

WEEK TWO CHALLENGE

Pray this prayer of confession each day this week and reflect on areas of sin in your life that God is inviting you to address. Remember that God's grace is abundant and that Jesus' death and resurrection cleanses us from sin!

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of thy Name. Amen.

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DAY 11

Mark 5:21-43

- What obstacles do Jairus and the woman face as they come to Jesus, and what motivates them to press forward?
- What do Jesus' responses to these people in need demonstrate about his character?
- What needs do you want to bring to Jesus? With bold humility, come to him and ask for his healing and comfort.

WEEK TWO CHALLENGE

Pray this prayer of confession each day this week and reflect on areas of sin in your life that God is inviting you to address. Remember that God's grace is abundant and that Jesus' death and resurrection cleanses us from sin!

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of thy Name. Amen.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 12

Mark 6:1-29

- How do the reputations of Jesus, John, and Herod affect these stories?
- What does the contrasting example of King Herod emphasize about Jesus?
- As Jesus sends you out today, reread v. 7-13 and ask him for his instructions for you and the humble courage you'll need to obey.

WEEK TWO CHALLENGE

Pray this prayer of confession each day this week and reflect on areas of sin in your life that God is inviting you to address. Remember that God's grace is abundant and that Jesus' death and resurrection cleanses us from sin!

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of thy Name. Amen.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 13

Mark 6:30-56

- What are the disciples' emotional highs and lows through this story?
- What is Jesus showing the disciples about being a shepherd for people?
- How is Jesus inviting you to join in his shepherding? Ask him for what you will need to remain soft-hearted.

WEEK TWO CHALLENGE

Pray this prayer of confession each day this week and reflect on areas of sin in your life that God is inviting you to address. Remember that God's grace is abundant and that Jesus' death and resurrection cleanses us from sin!

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of thy Name. Amen.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 14

Today is the day you'll meet with your group and reflect together on the last week!

Here are some questions to guide your time together:

- So first, let's do our RPM'S check in. How are you doing relationally, physically, mentally and spiritually this week?
- What was it like to do the daily exercises this week?
- What are you learning about God and what are you learning about yourself?
- This week's challenge was...*Pray this prayer of confession each day this week and reflect on areas of sin in your life that God is inviting you to address.*
- What came up as you reflected this week? Is there a particular area of sin in your life that God has been bringing to your attention?
- What steps would you like to take to begin addressing it?
- Spend time praying for each other about the things you've shared today.

Resources

[Bible Project Video About Sin](#)

WEEK 3 • MINDFULNESS

DAY 15	Mark 7:1-23
DAY 16	Mark 7:24-37
DAY 17	Mark 8:1-26
DAY 18	Mark 8:27-38
DAY 19	Mark 9:1-29
DAY 20	Mark 9:30-50
DAY 21	Meet with Your Group

Go watch the [Week Three Challenge Video](#) on YouTube!

DAY 15

If you haven't already, make sure to watch the [Week Three Challenge Video!](#)

Mark 7:1-23

- How does Jesus critique the Pharisee's teaching about what defiles us?
- Given how Jesus defines hypocrisy in v. 6-8, what would a life honoring God look like?
- What do you find in your own heart as you reflect on v. 21-23? Admit to God what you've found and ask him to grow in you a true holiness.

WEEK THREE CHALLENGE

This *Daily Examen* exercise comes from St. Ignatius. Work through these steps each day this week to help yourself become more aware of God's presence in your life.

1. Become aware of God's presence. Thank God for his love.
2. Reflect on the last 24 hrs and review the day with gratitude.
3. Recall specific moments throughout your day and your feelings at the time. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
4. Look toward tomorrow. What is something you're longing for in the next 24 hrs. Simply hold that request before God.

DAY 16

Mark 7:24-37

- What is new or different about these two healings?
- How do the challenging words and actions of Jesus serve those he encountered?
- When has the healing of Jesus in your life felt challenged or delayed? Ask him to draw you toward faith and intimacy in every encounter.

WEEK THREE CHALLENGE

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3. Recall specific moments throughout your day and your feelings at the time. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
4. Look toward tomorrow. What is something you're longing for in the next 24 hrs. Simply hold that request before God.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 17

Mark 8:1-26

- How is this story similar or different from the feeding of 5000 in Mark 6:30-44?
- What are the disciples supposed to understand from these experiences with Jesus?
- Where in your life is God offering you second-time-around lessons? Thank God for his patient instruction and ask for deepened understanding.

WEEK THREE CHALLENGE

This *Daily Examen* exercise comes from St. Ignatius. Work through these steps each day this week to help yourself become more aware of God's presence in your life.

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4. Look toward tomorrow. What is something you're longing for in the next 24 hrs. Simply hold that request before God.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 18

Mark 8:27-38

- What do the disciples learn about Jesus and his path?
- Given these hard words, what makes it worth it for a disciple to follow Jesus?
- Now halfway through Mark, what have you learned about the gospel of Jesus? Talk with Jesus about losing your life for him and his gospel.

WEEK THREE CHALLENGE

This *Daily Examen* exercise comes from St. Ignatius. Work through these steps each day this week to help yourself become more aware of God's presence in your life.

1. Become aware of God's presence. Thank God for his love.
2. Reflect on the last 24 hrs and review the day with gratitude.
3. Recall specific moments throughout your day and your feelings at the time. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
4. Look toward tomorrow. What is something you're longing for in the next 24 hrs. Simply hold that request before God.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 19

Mark 9:1-29

- Where do you see evidence of power in these two stories?
- What do the disciples not yet understand about the power of the Kingdom of God?
- Where in your life have you become comfortable in your own abilities rather than depending on God's goodness and power? Ask him to forgive you and help you overcome your unbelief.

WEEK THREE CHALLENGE

This *Daily Examen* exercise comes from St. Ignatius. Work through these steps each day this week to help yourself become more aware of God's presence in your life.

1. Become aware of God's presence. Thank God for his love.
2. Reflect on the last 24 hrs and review the day with gratitude.
3. Recall specific moments throughout your day and your feelings at the time. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
4. Look toward tomorrow. What is something you're longing for in the next 24 hrs. Simply hold that request before God.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 20

Mark 9:30-50

- What unexpected things does Jesus say about greatness and lameness?
- How does Jesus' teaching on taking drastic measures to avoid sin in vv. 42-50 connect with his earlier teaching on greatness?
- Where has your pursuit of worldly greatness left you vulnerable to sin? Ask God instead for an opportunity today to serve others.

WEEK THREE CHALLENGE

This *Daily Examen* exercise comes from St. Ignatius. Work through these steps each day this week to help yourself become more aware of God's presence in your life.

1. Become aware of God's presence. Thank God for his love.
2. Reflect on the last 24 hrs and review the day with gratitude.
3. Recall specific moments throughout your day and your feelings at the time. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
4. Look toward tomorrow. What is something you're longing for in the next 24 hrs. Simply hold that request before God.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 21

Today is the day you'll meet with your group and reflect together on the last week!

Here are some questions to guide your time together:

- So first, let's do our RPM'S check in. How are you doing relationally, physically, mentally and spiritually this week?
- What was it like to do the daily exercises this week?
- What are you learning about God and what are you learning about yourself?
- This week's challenge was to practice the Daily Examen. Reflect on your experience with the Daily Examen throughout this past week. What patterns did you notice day to day? What kinds of things were drawing you away from God? What things were drawing you closer?
- Based on what you're noticing from your reflection, what's a habit you'd like to break or a habit you'd like to begin that will help you walk more closely with God?
- Spend time praying for each other about the things you've shared today.

Resources

[Podcast on Spiritual Rhythms & Mental Health](#)

WEEK 4 • LOVING OTHERS

DAY 22	Mark 10:1-12
DAY 23	Mark 10:13-31
DAY 24	Mark 10:32-52
DAY 25	Mark 11:1-25
DAY 26	Mark 11:27-12:12
DAY 27	Mark 12:13-44
DAY 28	Meet with Your Group

Go watch the [Week Four Challenge Video](#) on YouTube!

DAY 22

If you haven't already, make sure to watch the [Week Four Challenge Video!](#)

Mark 10:1-12

- How does Jesus view marriage?
- Why does Jesus criticize their hardness of heart?
- How might this teaching impact your own decisions and relationships?

WEEK FOUR CHALLENGE

This week you'll be praying daily for 2 friends who are not yet following Jesus. At the end of this week, we're going to challenge you to get together with one of those friends and ask them to share their experiences with faith/spirituality.

Father, I pray for my friends _____ and _____, that they would know your presence and feel your love for them today. As they go about their day may they experience moments of goodness and beauty that point them to you. Meet them in any areas of hurt or pain and show them that you are trustworthy. I pray for opportunities to love them, to spend time with them and to share the good news of Jesus.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 23

Mark 10:13-31

- What is left behind and what is received?
- What would it have looked like for the rich man to receive the Kingdom of God as a child?
- What is the hardest thing for you to give up to follow Jesus? Ask your heavenly Father to make it possible for you to do so!

WEEK FOUR CHALLENGE

This week you'll be praying daily for 2 friends who are not yet following Jesus. At the end of this week, we're going to challenge you to get together with one of those friends and ask them to share their experiences with faith/spirituality.

Father, I pray for my friends _____ and _____, that they would know your presence and feel your love for them today. As they go about their day may they experience moments of goodness and beauty that point them to you. Meet them in any areas of hurt or pain and show them that you are trustworthy. I pray for opportunities to love them, to spend time with them and to share the good news of Jesus.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 24

Mark 10:32-52

- How do the two requests made of Jesus compare to one another?
- How is Jesus acting out his purpose “not to be served, but to serve” in his responses to both requests? What is the cry of your heart to Jesus? Ask him to align your desires with his for the sake of others.

WEEK FOUR CHALLENGE

This week you'll be praying daily for 2 friends who are not yet following Jesus. At the end of this week, we're going to challenge you to get together with one of those friends and ask them to share their experiences with faith/spirituality.

Father, I pray for my friends _____ and _____, that they would know your presence and feel your love for them today. As they go about their day may they experience moments of goodness and beauty that point them to you. Meet them in any areas of hurt or pain and show them that you are trustworthy. I pray for opportunities to love them, to spend time with them and to share the good news of Jesus.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 25

Mark 11:1-25

- Compare the first and second times Jesus and his disciples enter Jerusalem and the Temple.
- How does Jesus' curse of the fig tree relate to his interactions in the temple?
- Jesus wanted his house to be a house of prayer for all nations. How have you lived out that value, and where have your customs obstructed it

WEEK FOUR CHALLENGE

This week you'll be praying daily for 2 friends who are not yet following Jesus. At the end of this week, we're going to challenge you to get together with one of those friends and ask them to share their experiences with faith/spirituality.

Father, I pray for my friends _____ and _____, that they would know your presence and feel your love for them today. As they go about their day may they experience moments of goodness and beauty that point them to you. Meet them in any areas of hurt or pain and show them that you are trustworthy. I pray for opportunities to love them, to spend time with them and to share the good news of Jesus.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 26

Mark 11:27-12:12

- How would you describe the tenants in the parable?
- What is Jesus saying to the Pharisees through the parable?
- Where do you see in your own world violent resistance to Jesus' claims to authority? Linger and marvel at God turning the rejected one into the cornerstone!

WEEK FOUR CHALLENGE

This week you'll be praying daily for 2 friends who are not yet following Jesus. At the end of this week, we're going to challenge you to get together with one of those friends and ask them to share their experiences with faith/spirituality.

Father, I pray for my friends _____ and _____, that they would know your presence and feel your love for them today. As they go about their day may they experience moments of goodness and beauty that point them to you. Meet them in any areas of hurt or pain and show them that you are trustworthy. I pray for opportunities to love them, to spend time with them and to share the good news of Jesus.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 27

Mark 12:13-44

- Who is praised and who is rebuked?
- How are all the people we see here doing in terms of keeping the two greatest commandments?
- Very practically, how can you love God and love your neighbor this week?

WEEK FOUR CHALLENGE

This week you'll be praying daily for 2 friends who are not yet following Jesus. At the end of this week, we're going to challenge you to get together with one of those friends and ask them to share their experiences with faith/spirituality.

Father, I pray for my friends _____ and _____, that they would know your presence and feel your love for them today. As they go about their day may they experience moments of goodness and beauty that point them to you. Meet them in any areas of hurt or pain and show them that you are trustworthy. I pray for opportunities to love them, to spend time with them and to share the good news of Jesus.

Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 28

Today is the day you'll meet with your group and reflect together on the last week!

Here are some questions to guide your time together:

- So first, let's do our RPM'S check in. How are you doing relationally, physically, mentally and spiritually this week?
- What was it like to do the daily exercises this week?
- What are you learning about God and what are you learning about yourself?
- This week's challenge was to pray daily for 2 friends who are not following Jesus. What was that experience like?
- Special Challenge! Spend time with one of the friends you've been praying for this week! Grab a meal, coffee, hang out, or just find something you'd like to do together. When you're together, take a risk and ask them this question - "what's your experience been like with faith or spirituality?" Take time to listen to their stories without judgement. At the end of the conversation, leave an open invitation to talk more, for example - "if you ever want to talk about this more, I'm always available!"
- Take a few minutes right now to reach out to one your friends and set up a time to get together! Then spend time praying for these meet ups this week!

Resources

[Video How Do I Overcome the Fear of Sharing My Faith?](#)

WEEK 5 • SURRENDER

DAY 29	Mark 13:1-23
DAY 30	Mark 13:24-37
DAY 31	Mark 14:1-26
DAY 32	Mark 14:27-52
DAY 33	Mark 14:53-72
DAY 34	Mark 15:1-21
DAY 35	Meet with Your Group

Go watch the [Week Five Challenge Video](#) on YouTube!

DAY 29

If you haven't already, make sure to watch the [Week Five Challenge Video!](#)

Mark 13:1-23

- What does Jesus instruct his disciples to do?
- How do you see God's care for his people, even amid this terrible prediction?
- How have you experienced God's care for you as you went through hard times beyond your control? Give him thanks.

WEEK FIVE CHALLENGE

The *Prayer of Abandonment* is challenging! It calls us to consider the things that we hold most dear and be willing to entrust them to God's loving care. We hope that as you pray this prayer, you will come to know God more deeply as the one who cares for us better than we can care for ourselves.

Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you: I am ready for all, I accept all. Let only your will be done in me, and in all your creatures - I wish no more than this, O Lord. Into your hands I commend my soul: I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands without reserve, and with boundless confidence, for you are my Father.

- Charles de Foucauld

DAY 30

Mark 13:24-37

- What does Jesus tell his disciples to watch for?
- Why is the return of the Son of Man worthy of our attention?
- Rather than idly speculating on his timing, consider what God would have you and your community do while you alertly watch for his coming.

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Text your 30 Days Deeper group and share something that's on your mind from today's daily exercise!

DAY 31

Mark 14:1-26

- What are the different ways people are responding to Jesus?
- What might their responses reveal about their views of Jesus and of themselves?
- Talk with Jesus about who you are and who he is. Be sure to include some quiet time to listen and let him speak.

WEEK FIVE CHALLENGE

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DAY 32

Mark 14:27-52

- Imagine all that Jesus must be feeling as you make your way through this part of his story.
- How does Jesus find strength during great difficulty?
- What might it mean for you to keep watch with Jesus in Gethsemane today?

WEEK FIVE CHALLENGE

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DAY 33

Mark 14:53-72

- What are all the ways Jesus is being disowned?
- What do you think is going on for Peter that leads him to deny Jesus?
- When is it difficult for you to identify as a Christian? Bring the pressures you face to God and ask for faith, wisdom, and courage to speak and act as a witness of Jesus.

WEEK FIVE CHALLENGE

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DAY 34

Mark 15:1-21

- Who has power here and of what sort?
- Why do you think Jesus chooses to be power-less here?
- What kind of power do you hold and how do you use it? Where is God inviting you to be powerless?

WEEK FIVE CHALLENGE

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DAY 35

Today is the day you'll meet with your group and reflect together on the last week!

Here are some questions to guide your time together:

- So first, let's do our RPM'S check in. How are you doing relationally, physically, mentally and spiritually this week?
- What was it like to do the daily exercises this week?
- What are you learning about God and what are you learning about yourself?
- This week's challenge was to pray the *Prayer of Abandonment* every day. What was it like praying that prayer this week?
- Share with each other - what are the things you care about the most? What are things you tend to try to control the most? Career, future, relationships, identity, family, finances, self-improvement, image, etc.
- How might God be inviting you to surrender some of these things into his hands?
- Spend time praying for each other about the things you've shared today.

Consider continuing to meet together every week! Check out the next steps [Next Steps](#) section for suggestions of devotional guides that you could do next!

BONUS DAY!

Mark 15:22-41

- How do the different people respond to Jesus and his crucifixion?
- How does the centurion come to call Jesus the Son of God?
- What is your response today as you consider the death of Jesus?

Prayer of Self-Dedication

*Almighty and eternal God, so draw our hearts to you,
so guide our minds,
so fill our imaginations,
so control our wills,
that we may be wholly yours,
utterly dedicated unto you;
and then use us, we pray you, as you will,
and always to your glory and the welfare of your people;
through our Lord and Savior Jesus Christ. Amen.*

EXTRA BONUS DAY!

Mark 15:42-16:8

- Who honors the body of Jesus and how do they do it?
- What might the women be experiencing as they approach the tomb, meet the young man, and leave with the news?
- "He has risen." Jesus is not found in a tomb. What feelings does that invoke in you and what does it mean for your life from here?

Prayer of Self-Dedication

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so fill our imaginations,
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that we may be wholly yours,
utterly dedicated unto you;
and then use us, we pray you, as you will,
and always to your glory and the welfare of your people;
through our Lord and Savior Jesus Christ. Amen.*

NEXT STEPS

You've been at this for over a month! Great work!

Hopefully by now, spending regular time with God feels like more of a habit.

We hope you'll continue connecting with God regularly! Consider sticking with your 30 Days Deeper group and picking a new devotional guide to work through together.

Here are some of our favorite devotional resources right now!

[THE BIBLE PROJECT APP JOURNEY](#)

[READ SCRIPTURE APP](#)

[INTERVARSITY YOUVERSION GUIDE - JOHN](#)

[INTERVARSITY YOUVERSION GUIDE - PHILIPPIANS](#)

We'd also love for you to consider who else you might like to invite to take the 30 Days Deeper journey with you. Pass this on and help someone else go deeper in their relationship with Jesus!