

This is a simple guide to disciple a small group of men using the gospel of Mark. Based on II Timothy 2:2, it is intended for you to invest in the men for nine months and then they will in turn do the same with other men. You will use the Discovery Bible Method (DBM) as the basic format for your group each week. The DBM is a simple, repeatable way of inviting anyone into a discipling relationship and showing them how to connect with God through reading, living, and sharing the Bible. In the Discovery Method you will walk through Mark's Gospel and it will help you and your group connect with God, understand His plan for your lives, and then share it. Through this study your group will grow in relationship with God and each other. Here's how it works:

### **Invite Men to Invest in Weekly:**

- Pray for some men who you feel should be in this group. Invite them to join this group.
  - “Being a man in today's world is hard. I am starting a group to read through the Gospel of Mark and discover what it means to be a fully devoted follower of Jesus in today's world. Would you like to join me?”
- Set a time and place to meet.
- Preparation for first meeting: pray, prepare to share your story (the men in your group will only be as vulnerable as you are), remind the men of the meeting

### **Meeting Format:**

1. Each week, ask these two questions:
  - What's one thing you're thankful for today?
  - What's one thing you're stressed about today?
  - Pray for each other.
2. Look Back:
  - What did you do differently because of the study last week?
  - Who did you tell and what was the reaction?
3. Read the assigned passages for the week:
  - One person reads the Bible passage out loud and the rest follow along.
  - Someone else retells the passage by memory, if possible. Others can fill in what is missing.

4. Discuss:

- What does this teach about God and Jesus or His plan?
- What does this teach about people?
- What does this teach about how God wants us to live?
- What do you want to do differently based on the Bible story? I will... (This moves the men toward obedience, versus information)
- Who can you share with this week about what God is doing in your life?

5. There are also questions each week based on the topic as well as references to other passages

6. Principles for leading an effective group:

- Rotate Leadership: After the first eight weeks or so, begin to let the other men lead.
- Invest in Them: The more time you spend outside the group, the greater the impact you will have in their lives - I Thessalonians 2:8
- The closer you get to your men, the greater the impact you will have in their lives.
- An effective leader is a facilitator not a teacher; work hard at asking questions and help them discover the truths of scripture.
- Build a safe environment for men to share and ask questions: authentic, affirming, acceptance. Confidentiality is upheld and relational.
- The key to multiplication is having an apprentice leader. Begin looking for an apprentice leader right away so you can be preparing them to launch a new group.

**Sharing Your Life Stories:**

Every person in your group has a life story. Their stories are each unique and have the handprint of God all over them. I know there have been good times and hard times, times of joy and times of sadness. **In the first meeting** each person will each have about 10 minutes to share their story. This should kickstart the beginning of your group of individuals becoming a team of one. I promise this works. Encourage the men to be authentic and real with each other. After each person has shared, the group should take time to ask them some follow-up questions. Here are some things they could cover:

- Their history, heroes, hurts and hopes for the future.
- Where did you grow up and what was your family like? How have they influenced who you are?
- Are there events or circumstances that left a permanent mark on you positively or negatively?
- A time that was painful and/or a struggle in your life?
- Which people have had an impact on you?
- What does your current family look like?
- What has your spiritual journey looked like over the years? Where are you right now?
- How has Jesus made a difference in your life, with regards to ethics, business, family relationships, etc?
- Is there a scripture that has been meaningful to you over the years?

**The Gospel of Mark - Bible Study for Men**  
***"Launching a movement of Disciple Making"***

**Week 1: Introduce Mark and get to Know One Another**

References: Proverbs 27:17, Colossians 3:12-17

Have each man share their history, heroes, hurts and hopes for the study.

**Week 2: Mark 1:1-8 - A Compelling Vision of Manhood: Character Study of John the Baptist**

References: Genesis 1:26-27, 2:7-8, 15-24, 3:8-19

What does John teach us about being a man? How is what society says in conflict with the Bible?

**Week 3: Mark 1:9-15 - Identity**

References: Ephesians 1:3-14, I Samuel 17

Where do men find their identity? What does it look like to have an identity based on Jesus?

**Week 4: Mark 1:12-13 - Temptation**

References: Matthew 4:1-11, I Corinthians 10:13

Where are men tempted today? What are some principles for dealing with temptation?

**Week 5: Mark 1:14-20 - Following Jesus**

References: Matthew 4:19-20, John 8:31-32

What does it mean to be a disciple? What are some 'nets' you need to drop?

**Week 6: Mark 1:21-34 - Healing the Wounds of the Past**

References: Psalm 109:22, I John 1:9

How are men wounded from their past? How does God bring healing to our wounds?

**Week 7: Mark 1:35 - Time with God**

References: Matthew 6:5-13, II Timothy 3:16-17

What does a regular time with Jesus look like? Why are prayer and Bible study important to our growth?

**Week 8: Mark 1:36-45 - Living with a Sense of Purpose**

References: Ephesians 2:8-10, Jeremiah 29:11-13, Philippians 3:7-14

Why is a sense of purpose important? How do you discover God's purpose for your life?

**Week 9: Mark 2:1-12 - Band of Brothers**

References: Hebrews 10:24-25, Proverbs 12:26, 13:10, 16:28, 18:24

How is this story a picture of male friendship and community? What are the qualities of authentic community?

**Week 10: Mark 2:13 - 17 - Contagious Christianity**

References: Matthew 5:13-16, Colossians 4:2-6

What do we learn from Jesus about evangelism? What are the principles for being a contagious Christian?

### **Week 11: Mark 2:18-28 - Spiritual Disciplines**

References: I Timothy 4:7, I Corinthians 9:24-27

What are spiritual disciplines & why are they important? What is fasting? What are other disciplines you have built into your life?

### **Week 12: Mark 3:1-12 - Love One Another**

References: John 13:34-35, I John 4:7-21, Romans 12:9-21

How does Jesus demonstrate compassion in this passage and others? How do rules and traditions sometimes stand in the way of loving others? How can you grow in compassion?

### **Week 13: Mark 3:13-35 - Discipling Others**

References: Matthew 28:19-20, II Timothy 2:2, I Thessalonians 2:7-13

What do we learn about discipling others from this passage and Jesus? How can each of us be involved in making disciples?

### **Week 14: Mark 4:1-20 - Matters of the Heart**

References: Isaiah 55:11, I Samuel 16:7

What is a parable? What do the seed, soil and sower represent? What are the four responses? What is the condition of your heart?

### **Week 15: Mark 4:21-34 - God is at Work**

References: Philippians 1:6, II Corinthians 5:17, II Peter 3:18

What do we learn about God's work in our lives from these parables?

### **Week 16: Mark 4:35-41 - Living in Difficult Times**

References: Philippians 1:12-21, 4:6-7, James 1:2-4

What do we learn about living in the storms of life? What storm are you facing in life right now? Where is Jesus? Is He outside the boat, in the back sleeping, or in charge?

### **Week 17: Mark 5:1-43 - Jesus' Power over Demons, Death, Disease, and Nature**

References: Romans 8:1-17, John 14:15-21, 16:7-15

What do you learn about God's power and timing from this chapter?

### **Week 18: Mark 6:1-13 - Sending the Twelve**

References: Acts 1:3-8, Luke 11:1-4

What do we learn about sending from this passage? What does it mean to be a disciple maker?

### **Week 19: Mark 6:30-52 - The Man God Uses**

References: Nehemiah 1, Acts 4:13, John 15:1-8

What do we learn about the man that God will use? What does it look like to see the world as Jesus does? What can you offer to Jesus to be multiplied?

### **Week 20: Mark 7:1-23 - The Dangers of Religion**

References: Psalm 139:23-24, Psalm 26:2-3, Proverbs 28:13

What are some rules, traditions and policies that we give the same authority to as the God's Word? Are there any areas of your life where you are being hypocritical?

### **Week 21: Mark 8:27-9:1 - The Cost of Following Jesus**

References: Luke 9:18-27, Matt 16:25

What do we learn about the cost of following Jesus? What does it mean to deny yourself? To take up the cross? To lose your life and follow Christ?

### **Week 22: Mark 9:2-13 - The Transformed Life**

References: Romans 12:1-2, II Corinthians 3:18

In this passage, Jesus' humanity was rolled away and His deity came bursting forth. This is what He wants to do in our lives as well. What does this transformation look like for us? Jesus wants all of your life, not just part of your life. Is there an area you are holding back from Him?

### **Week 23: Mark 9:14-29 - Freedom**

References: John 11:33-44, Galatians 4:4-7

Jesus came to set men free; what are some areas you see men in bondage? How can you help men be freed from the things that are paralyzing them - pornography, alcohol, drugs, gambling, etc.?

### **Week 24: Mark 10:1-12 - Marriage**

References: Ephesians 5:15-33, Colossians 3:12-17

What are 4-5 things we learn about marriage from this passage? What are some obstacles to a healthy marriage? What are some things you can do to grow your marriage?

### **Week 25: Mark 10:17-31 - Men Today**

References: Matthew 6:19-33, Acts 9:1-19

How is this man a picture of so many men in our society today? What is the heart of the Gospel? What was the man's misconception regarding the Gospel? Who are some men in your life that are searching? How is this seen?

### **Week 26: Mark 10:32-45 - Servant Leadership**

References: John 13:1-17, Philippians 2:1-11

What are the various components of servant leadership explained in this passage? How is this passage so countercultural from our society and church today? What does servant leadership look like in your home, work, church and community?

### **Week 27: Mark 11:1-14 - King Jesus**

References: Timothy 1:17, Matthew 6:33

The people were expecting an earthly Kingdom, Jesus came to set up an eternal Kingdom. What does his kingdom here on earth look like? What does it mean for Jesus to reign and rule my life?

**Week 28: Mark 12:28-34 - Love Wins**

References: John 14:15,21, I Corinthians 13

What does it mean and look like to Love God? How can you be more loving to those in your sphere of influence? What does it mean to be the hands and feet of Jesus to the world?

**Week 29: Mark 14:27-31, 66-72, John 21:2-17, Acts 2:38-41 - After You Have Blown It**

References: Jonah 3:1, Colossians 2:13-15

What do we learn about "starting over" after we have blown it, from these passages? What are some key steps to God restoring you and using you?

**Week 30: Mark 15:21-47 - The Crucifixion of Jesus**

References: II Corinthians 5:21, Romans 5:8, Galatians 2:20

Why is the cross central to Christianity? How does the love and justice of God meet on the cross? What is the relationship between the cross and my Christian life?

**Week 31: Mark 16:1-11 - The Resurrection of Jesus**

References: Corinthians 15, Romans 6

How does the resurrection separate Jesus from all other world religions? What does it mean to be 'raised with Jesus'? What does resurrection living look like?

**Week 32: Mark 16:12 - 20 - Launching a Movement of Discipleship**

References: Acts 13:1-5

What must each of the men in the group do, to start discipling their own group of men? Pray for the men they will be inviting into the process. What have each of you learned about leading a discipleship group?