

Mark 1:21-28

²¹ They went to Capernaum, and when the Sabbath came, Jesus went into the synagogue and began to teach. ²² The people were amazed at his teaching, because he taught them as one who had authority, not as the teachers of the law. ²³ Just then a man in their synagogue who was possessed by an impure spirit cried out, ²⁴ "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" ²⁵ "Be quiet!" said Jesus sternly. "Come out of him!" ²⁶ The impure spirit shook the man violently and came out of him with a shriek. ²⁷ The people were all so amazed that they asked each other, "What is this? A new teaching—and with authority! He even gives orders to impure spirits and they obey him." ²⁸ News about him spread quickly over the whole region of Galilee.

The following questions are for personal and or group reflection.

1. Observation for reflection- What word or phrase is the Spirit prompting in my heart? What word or phrase says, "I am for you today"?

2. Interpretation- What does the word or phrase mean that the Spirit is giving me?

3. Application- What is the word or phrase calling me to be or to do?