



### Discussion Question and Spiritual Practices

#### Mark 11:1-11

**1. “What kind of king are you expecting Jesus to be in your life right now?”**

**Cross-reference:** *John 6:15* – “Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.”

- *How does this verse highlight Jesus’ refusal to meet the crowd’s expectations—and how might He be doing the same in your life today?*

**2. “How does Jesus redefine power in the Triumphal Entry—and how does that challenge our view of leadership today?”**

**Cross-reference:** *Philippians 2:5–8* – “He made himself nothing... taking the nature of a servant... he humbled himself by becoming obedient to death—even death on a cross.”

- *What implications does this passage have for how we think about influence, success, and spiritual authority?*

**3. “What might it look like for you to ride the donkey this week?”**

**Cross-reference:** *Matthew 23:11–12* – “The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

- *Where is God calling you to take the lower place—to serve instead of striving to be seen?*

**4. “Where is Jesus asking you to trust Him—even when the story feels anticlimactic or uncertain?”**

**Cross-reference:** *Proverbs 3:5–6* – “Trust in the Lord with all your heart and lean not on your own understanding... and he will make your paths straight.”

- *What area of your life feels slow or unclear right now? How can you practice trusting Jesus with it this week?*

### **Spiritual Practices:**

When you read through the gospels, you begin to realize that Jesus was always giving an invitation to follow him, to come and listen or to shed your burdens. Below are three spiritual practices that are invitational. They are not “must-dos” or “should-dos.” They are invitations to practice being in the presence of Jesus. The more time we spend with Him, the more we will know Him, which in turn will allow us to be like Him. Ultimately, the results are that we will begin to do what Jesus would do if He were you.

There is a spiritual practice for each point in the message. The invitation is to choose one, two or all three. Enjoy!

### **Point 1: Jesus Confronts Our Assumptions**

#### **Practice: “The Empty Chair” Prayer**

##### **Description:**

Set aside a quiet space in your home and place an empty chair across from you. In prayer, imagine Jesus sitting in that chair, not as the king you often want, but as the King He truly is. Ask Him: *“What expectations am I placing on You that aren’t rooted in trust?”*

##### **Steps:**

1. Begin in silence for 2–3 minutes, breathing deeply.
2. Name out loud (or in a journal) the roles or fixes you’ve wanted Jesus to fulfill (e.g., “problem solver,” “success giver,” “pain remover”).
3. Pray: *“Jesus, confront my assumptions. Help me see You as You are, not as I want You to be.”*
4. End with gratitude for the presence of the true King.

##### **Purpose:**

To let go of distorted expectations and re-align your view of Jesus with who He reveals Himself to be.

### **Point 2: Jesus Redefines Power**

#### **Practice: Hidden Service**

##### **Description:**

Choose one act of meaningful service this week that no one will notice or reward. Do it quietly, without telling anyone—not even a spouse or close friend.

**Ideas:**

- Clean a space at work or church without credit.
- Leave an anonymous note of encouragement.
- Do a household chore that isn't yours—without seeking thanks.

**Optional Reflection:**

Afterward, journal what it felt like to serve without recognition. Was it frustrating? Freeing? Did it make you more aware of Christ's humility?

*"Let your left hand not know what your right hand is doing..."* —Matthew 6:3

**Purpose:**

To re-train your heart to value downward mobility, modelling Christ's self-giving power.

**Point 3: Jesus Invites Us to Follow Him in Trust****Practice: The Slow Walk****Description:**

Take a 20–30 minute walk without your phone, music, or a podcast. Walk at half your normal pace. Let your body slow your mind. Use this time as an act of trust—an embodied surrender of control.

**While walking, reflect on:**

- Where in my life do I feel impatient or in a hurry?
- What might Jesus be inviting me to see, wait for, or release?

**Pray this line slowly:**

*"Lord, teach me to trust You with what I cannot control."*

**Purpose:**

To practice spiritual patience by trusting God's pace and noticing His presence in the "in-between" moments of life.