



❖ MESSAGE NOTES

INVINCIBLE: Week 3 **The Fortress of Solitude**

Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke on you and learn from Me, because I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy to bear, and My load is not hard to carry.” ~ Matthew 11:28-30

In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there. ~ Mark 1:35

The apostles gathered together with Jesus; and they reported to Him all that they had done and taught. And He said to them, “Come away by yourselves to a secluded place and rest a while.” (For there were many people coming and going, and they did not even have time to eat.) They went away in the boat to a secluded place by themselves. ~ Mark 6:30-32

Immediately Jesus made His disciples get into the boat and go ahead of Him to the other side to Bethsaida, while He Himself was sending the crowd away. After bidding them farewell, He left for the mountain to pray. ~ Mark 6:45-46

But Jesus Himself would often slip away to the wilderness and pray. ~ Luke 5:16

It was at this time that He went off to the mountain to pray, and He spent the whole night in prayer to God. ~ Luke 6:12

They came to a place named Gethsemane; and He said to His disciples, “Sit here until I have prayed.” And He took with Him Peter and James and John, and began to be very distressed and troubled. And He said to them, “My soul is deeply grieved to the point of death; remain here and keep watch.” ~ Mark 14:32-34

And He was saying, “Abba! Father! All things are possible for You; remove this cup from Me; ...” ~ Mark 14:36a

And He was saying, “Abba! Father! All things are possible for You; remove this cup from Me; yet not what I will, but what You will.” ~ Mark 14:36

❖ DIVE IN! ~ Discussion Questions

1. What was one thing Pastor G said this week that spoke directly to you?
2. Are you inspired by that to make a decision, make a change, or take some action in your life?

◆ **READ:** *Matthew 11:23-30*

1. Jesus has made us a promise here. How can you receive this promise?

◆ **READ:** *Mark 1:35, Mark 6:30-32, Mark 6:45-46, Luke 5:16, Luke 6:12*

1. Jesus repeatedly modeled this discipline of going off by Himself to pray. Do you have this regular spiritual practice built into your life as well? What happens to your body, mind and spirit when you don't take time to go to a “Fortress of Solitude” like this?

◆ **READ:** *Mark 14:32-36*

1. When people think of who Jesus is they are sometimes surprised to hear that He felt distressed and troubled, that His soul was deeply grieved to the point of death. How does it make you feel to know that Jesus went through those same emotions? Why do you think Jesus asked Peter, James, and John to stay with Him? Who is your “inner circle” that you reach out to for support in times of trouble?
2. Jesus closes out His heartfelt prayer to the Father to be spared from crucifixion with the words “Not what I will, but as you will.” How does this type of prayer speak to you about all the concerns and requests you have of God?

