



DISCUSSION QUESTIONS

CAST OFF

Hebrews 12:1

1. Freedom and healing start with Jesus

Scripture: **Mark 10:46–47**

Main Question:

- Why do we so often turn to other sources—like media, people, or our own strength—before turning to Jesus in times of adversity?

Follow-up Questions:

- Think back to a difficult time in your life. What was your first instinct—to run to Jesus, or to something or someone else?
- What does it practically look like to go to Jesus first?
- How can we train ourselves to recognize His availability even in everyday adversity?
- What barriers (pride, doubt, fear) keep us from reaching out to Him right away?

2. Spiritual blindness robs us of an abundant life with Jesus

Scripture: **Mark 10:48–49**

Main Question:

- In what ways might spiritual blindness be limiting your growth, especially during seasons of hardship?

Follow-up Questions:

- How do you define spiritual blindness? Can someone be saved and still be spiritually blind in some areas?
- Have you ever looked back on a season and realized you were missing what God was doing in the moment?
- What kinds of temptations tend to sneak in when you're spiritually unfocused or overwhelmed?
- How can community and Scripture help us recognize and fight spiritual blindness?

3. We need to cast off our biggest distractions

Scripture: Mark 10:50

Main Question:

- What distractions are keeping you from experiencing more of Jesus, especially in hard times?

Follow-Up Questions:

- What is your relationship with media like? Does it help you refocus, or does it often numb you?
- Are there specific songs, shows, apps, or platforms that God might be asking you to let go of for a season—or permanently?
- Pastor Dan said, “Spiritual blindness positions us to believe lies.” What lies about media or culture have you bought into?
- What might it look like to fast from a specific distraction this week—and replace it with time in God’s presence?

4. I need to cast off _____ so that I can experience more freedom

Scripture: Hebrews 12:1

Main Question:

- What is one habit, mindset, sin, relationship, or source of comfort that God might be asking you to lay down?

Follow-Up Questions:

- Bartimaeus threw off his cloak before his encounter with Jesus. What might it look like for you to “cast off” something in faith before seeking an encounter with the Holy Spirit?
- Is there a mindset (like fear, insecurity, or self-reliance) that’s been weighing you down more than you realized?
- How do we discern the difference between something that gives us rest and something that enslaves us?
- How can this group of people help you stay accountable to cast off what is holding you back?

Closing Challenge:

- Which of the four points spoke to you the most this week?
- What do you sense God is asking you to cast off? Will you commit to taking one step this week toward letting it go?
- How can the group pray for you and support you in that step?