



### Questions:

1. What in your life might be waiting for the life-giving water of the Spirit?
2. What stood out for you from Mark 1:1-8? What is Mark telling us about waiting?
3. Why do you think John the Baptist chose flowing waters – a source of fear for the Jews – to conduct baptisms?
4. Is it possible that the spirit calls us to face our greatest fears? What might happen if we do?
5. What does Alexander mean when he says we are not Jesus, but we are in relationship to his power?
6. How can we listen better to know when to wait and when to push?
7. How might you work to prepare the way of God in your life and in your community?

### EPISODE TITLE: “Mark”

Wait Training, Episode 2

### Featured Guest: Alexander Shaia

Alexander Shaia, Ph.D., is an educator, psychologist, spiritual director, writer, and practicing Christian. He is the founder and director of the Blue Door Retreat in Santa Fe, New Mexico. Shaia travels internationally, lecturing and conducting workshops on the four-gospel journey of quadratos, psychotherapy, rites of passage, and Christian spirituality.

### Pneuma Divina Scripture: Mark 5:24-34

<sup>24</sup>So he went with him.

And a large crowd followed him and pressed in on him. <sup>25</sup>Now there was a woman who had been suffering from haemorrhages for twelve years. <sup>26</sup>She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. <sup>27</sup>She had heard about Jesus, and came up behind him in the crowd and touched his cloak, <sup>28</sup>for she said, ‘If I but touch his clothes, I will be made well.’ <sup>29</sup>Immediately her haemorrhage stopped; and she felt in her body that she was healed of her disease. <sup>30</sup>Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, ‘Who touched my clothes?’ <sup>31</sup>And his disciples said to him, ‘You see the crowd pressing in on you; how can you say, “Who touched me?”’ <sup>32</sup>He looked all round to see who had done it. <sup>33</sup>But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. <sup>34</sup>He said to her, ‘Daughter, your faith has made you well; go in peace, and be healed of your disease.’