

Walking with Jesus SM Materials 與主同行小組材料：

Week One: Mt 4:18-22 Walking Where He Walks

1. When you hear the phrase “*Follow me,*” what feelings come to mind? What details do you notice about Jesus’ call and the fishermen’s response?
2. What do Simon, Andrew, James, and John leave behind? What else did they leave behind that are most likely implied but not stated?
3. Why do you think Jesus calls ordinary fishermen instead of those with greater potential?
4. Jesus says, “*I will make you fishers of men.*” What does this tell us about the true source of life transformation? How has Jesus brought about transformation in your life?
5. Why do you think the word “*immediately*” is repeated? What does it say about faith and trust?
- 6. What do you sense Jesus is asking you to leave or let go of in response to W’s 40 Days Digital Fast challenge? How will you respond?**
- 7. What makes following Jesus hard in this season of your life? What makes it worth it?**
- 8. Pray for one another to take the first step to “detach” and set healthier digital boundary so that we may better follow Jesus.**
9. Close with a short prayer of availability: “*Lord, we hear Your call. Give us willing hearts to leave _____ behind to follow You*”

馬太福音 4:18-22 放下一切跟隨主

1. 當你聽到「跟隨我」這句話時，心裡浮現的是什麼感受？
2. 西門、安得烈、雅各、約翰為主放下了什麼？還有有那些可能是經文沒有明說、卻是我們可以想像的？
3. 你認為耶穌為什麼呼召的是普通漁夫，卻不是更有學識、更有潛力的當代菁英？
4. 耶穌說：「我要使你們得人如得魚。」這句話告訴我們，改變從何而來？耶穌如何曾在你的生命裡帶來改變？
5. 這段經文裡多次提到「立刻」。你覺得這對信心與信靠有什麼啟示？
- 6. 今天耶穌也在對我們說：「跟隨我」。在這 40 天數位禁食的挑戰中，我們可以放下什麼來跟隨祂？**
- 7. 在你目前的人生階段，跟隨耶穌最困難的是什麼？又有什麼讓你覺得這會是值得的？**
- 8. 為彼此代禱求主幫助我們踏出數位禁食的第一步：「放下」，來設立更健康的數位界線，好讓我們能更忠心地跟隨耶穌。**
9. 有一點安靜的時間，從心中向主說出我們願意祂跟隨的意念：
「主啊，我們聽見祢的呼召，求祢賜我們信心與決心，放下_____來跟隨你。」

Week Two: Matthew 12:1–8 Authentic Relationships

1. Have you ever been too hard on a loved one or on yourself? What was it like? Share your experience.
2. What exactly did the disciples do? What exactly do the Pharisees accuse them of?
3. Why do you think Jesus brings up David and the priests? Consider this comparison between Jesus and David. What point is Jesus making? What does this mean for Jesus' followers?
4. Jesus quotes, *"I desire mercy, not sacrifice."* What does this tell us about Jesus' priorities?
5. Can you think of a time when you value rules over relationship—What happened?
6. Jesus says, *"The Son of Man is Lord of the Sabbath."* What does it look like to let Jesus, not rules, be Lord in your daily life?
7. **How has this digital fast been like for you? What have you discovered in this fast? How has it been helpful? How has it been a struggle? How may Jesus' words about mercy help you with keeping the fast?**
8. **This digital fast is not intended to add more rules to our lives, but to rediscover time for relationships. When you reach for your phone less, what do you notice more?**
9. *Lord Jesus, free us from the bondages of this life, help us to love as You love—holding your truth with mercy, and experience the true freedom with You, our loving Lord of Sabbath.*

馬太福音 12:1-8 關係與安息

1. 你是否曾對親人或自己過於嚴格？你為什麼會有這樣的感覺？請分享一個經歷
2. 這段經文中門徒實際上做了什麼？法利賽人指控他們的是什麼？
3. 你覺得耶穌為什麼提到大衛和祭司的例子？思考耶穌與大衛之間的比較，請問耶穌在暗示什麼？這對跟從耶穌的門徒又有什麼意義？
4. 耶穌引用「我喜愛憐憫，不喜愛祭祀」。這句話顯示神最看重的是什麼？
5. 你是否曾看重律法過於關係？結果如何？
6. 耶穌宣告說：「人子是安息日的主。」在你的日常生活中，讓耶穌而不是規條作主，可如何給我們帶來安息？
7. 如果你有參與這次的數位禁食，請分享你目前在數位禁食中的感受？在這次禁食中，你有哪些新的發現？它在哪些方面對你有幫助？又在哪些地方使你感到掙扎？耶穌「憐憫」的教導可以如何幫助你堅持下去？如果你尚未加入，歡迎你仍可加入這次操練，設立數位界線來更深跟隨主耶穌。
8. 禁食的操練不是給自己加添更多律法，而是為了與主與人之間更好的關係。在數位禁食中你有發現關係上的進步空間嗎？在這段禁食期間，你與手機的關係有什麼改變？
9. 主耶穌，求祢救我們脫離今世的網羅，讓我們像祢一樣去愛。在真理中活出憐憫，經歷你，活出我們安息日的主裡真實的安息與自由。

Week Three: Matthew 14:22–33 Launching Out by Faith

1. When you face a storm in life, what do you usually do first—push harder, get away, or pray? Can you recall a time when fear and faith felt very close together?
2. What actions does Jesus take in this passage? What actions do the disciples take?
3. Why do you think Jesus sent the disciples into the boat and stayed behind alone?
4. What causes Peter to sink—lack of faith, fear, or distraction?
5. What does Jesus mean by “You of little faith, why did you doubt?”
- 6. In this churchwide digital fast, what have you discovered about yourself, your time management, and your relationships? What are you most thankful for? What “storm” may be threatening to shake your faith right now?**
- 7. If you have yet to join in the digital fast, how does Peter’s walking on water speak to you? In what ways do we try to step out in faith but still keep our eyes on the storm?**
- 8. When you begin to sink, what helps you cry out to Jesus instead of hiding or run away?**
- 9. How would it help us to fix our eyes on Jesus in this digital fast?**

馬太福音 14:22-33 行在水面上的信心

1. 當你遇面臨人生風浪時，你通常第一個反應是什麼——努力突破、轉移方向，還是禱告？分享一個「懼怕與信心並存」的經歷。
2. 在這段經文中，耶穌做了哪些事？門徒又做了哪些事？
3. 你認為耶穌為什麼催門徒上船，自己卻留下來獨自禱告？
4. 你認為彼得下沉的原因是什麼？信心不足、恐懼，還是注意力轉移？為什麼？
5. 耶穌為什麼對彼得說「你這小信的人，為什麼疑惑？」
- 6. 在這次數位禁食中，你對自己、對時間的管理、對家裡的關係，發現了什麼？有什麼是你最感恩的？在禁食中最容易動搖你信心的「風浪」是什麼？**
- 7. 如果你還沒有參與這次數位禁食，彼得行在水面上的故事如何對你說話？我們在哪些方面一邊想憑信心踏出，卻一邊緊盯著令人害怕的風浪？**
- 8. 當你開始「下沉」時，什麼能幫助你向耶穌呼求，而不是選擇逃避隱藏？**
- 9. 「定睛在耶穌身上」可以如何在這次數位禁食的操練裡幫助我們？**

Week Four: Mk 10:32-45 Inverting Authority

1. What is an example of servant leadership that you have experienced? What did you learn from it?
2. What contrast do you see between what Jesus foretold and what the disciples request? Why do you think the disciples still focus on status and position even after hearing about Jesus' pending suffering?
3. How do you feel about Jesus' definition of greatness compared to the world's definition? Do you think such servant leadership can work in your workplace, in the church, and in our homes? Why?
4. Where do we most feel the temptation to seek authority, influence or control?
5. What might servant leadership look like in your family, workplace, or church?
6. How can humility increase—not decrease—our spiritual influence?
7. **How is your digital fast going? Are you able to experience this process of moving from detach to discover to delight in God's better promises than the world or technology? Share your struggle and experience**
8. **Why is the posture of humility so important to our spiritual growth? How can humility help us as we train ourselves in this digital fast?**
9. How does Jesus' servant leadership example challenge or comfort you today?

賜馬可福音 10:32-45 謙卑的影響力

1. 你是否曾受到一位不刻意表現自己的僕人領袖之影響？從他身上你學到什麼？
2. 耶穌所預告的受難，與門徒所提出的請求之間，形成哪些強烈的對比？為什麼門徒剛聽到耶穌即將受苦與受死，卻仍然關注自己的地位與位置？
3. 耶穌對「偉大」的定義與世界的看法有何不同？你認為僕人領袖真能發揮功用在今天的職場、教會、和家庭裡嗎？為什麼？
4. 在哪些地方，我們最容易受到權勢、地位、或控制權的試探？
5. 在家庭、職場或教會中，「僕人式的領導」可能如何具體呈現出來？
6. 為什麼謙卑不是削弱，反而會增強屬靈的影響力？
7. **你的數位禁食進行的如何？你有如何在這禁食中經歷從「放下」、「發現」、到「喜樂」的過程？你如何嚐到勝過世界與科技的更寶貴應許？請分享你在禁食中的掙扎與感恩**
8. **為什麼謙卑的姿態對我們靈命的成長這麼重要？謙卑如何幫助我們在數位禁食中堅持敬虔的操練？**
9. 今天，耶穌僕人領袖的榜樣在哪方面挑戰你？又在哪方面安慰你？

Week 5: Luke 19:28-40 No Holding Back

1. When the journey gets long or difficult, what helps you keep going?
2. What details about the colt, the road, and the crowd stand out to you?
3. What words are used to describe the praise of the disciples?
4. Why do you think Jesus receives public praise here, knowing suffering lies ahead?
5. How is the disciples' praise connected to what they have seen and experienced with Jesus?
6. What does it mean when Jesus says, "If they keep quiet, the stones will cry out"? What role does praise or worship usually play in your daily life? What might it look like to choose praise as an act of faith, rather than a response to desirable circumstances?
7. **Even as this 40 days digital fast draws near the end, what have you learned from this journey? How does the "delight" from our praises help sustain us in this fasting training?**
8. **How does the spiritual "delight" in the digital fast differ from the "happiness" brought by our phone and technology?**
9. How does praise bring delight and strength when following Jesus becomes costly or difficult? How does praise shifts our focus in our struggles?

路加福音 19:28-40 與主得勝

1. 當道路變得漫長或崎嶇時，什麼最能幫助你繼續走下去？
2. 關於驢駒、道路與群眾的描述，有哪些細節特別引起你的注意？
3. 這段經文用哪些詞語來形容門徒對神的讚美？
4. 明知前方是受苦與十字架，為什麼耶穌仍然接納這公開的讚美？
5. 門徒的讚美，如何與他們親眼所見、親身經歷耶穌的作為相連？
6. 耶穌說「若是他們閉口不說，石頭必要呼叫」，這句話的意思是什麼？讚美或敬拜在你日常生活中通常扮演什麼角色？當讚美不是因為順境，而是一種信心的表現時，可能會是什麼樣子？
7. **40 天的數位禁食已經接近尾聲，你在這其中學到什麼？讚美中的「喜樂」如何幫助我們和我們的家人持續在禁食的屬靈操練裡？**
8. **數位禁食中的屬靈「喜樂」與平時手機和媒體所帶來的「娛樂」有什麼區別？**
9. 當跟隨耶穌變得代價高昂或令人困惑時，讚美如何成為我們的力量？在艱忍的時刻裡，敬拜讚美如何改變我們的眼光與焦點？

Week 6: Luke 24:13-35 Go Share the Good News

1. When have you been on a journey—that deeply changed how you see things?
2. What does Jesus do as He walks with the two disciples? What does He *not* do right away?
3. What was the crucial act by Jesus that led to a change in the disciples' perception of Jesus' presence with them? What is the significance for us?
4. How does Jesus use Scripture to reshape their understanding of suffering and hope?
5. What does “Were not our hearts burning within us?” reveal about true encounter with Christ? How did the Emmaus encounter transform the disciples and energized the dejected men to rush out to share the good news?
6. In what ways have our addiction to phones and digital media prevented us from fully recognizing the presence of Christ in our lives?
7. **How has an encounter with the risen Christ reshaped your outlook on life in the past? How has the digital fast helped you to draw closer to Christ and people?**
8. **How has the four movements in the digital fast: detach, discover, delight, and determine affected you and your family? What have you determined to carry on when it comes to digital boundary after this fast?**
9. **What do you want to thank the Lord for your biggest take away during the digital fast? How can the momentum of the digital fast continue for you and your family? How can your Christ encounter renew your passion for the Gospel?**

路加福音 24:13-35

1. 你是否曾走過一段旅程，最後徹底改變了你對一件事的態度或看法？請分享
2. 耶穌一路與兩個門徒同行時做了哪些事？祂又刻意沒做什麼事？
3. 經文中耶穌做了什麼關鍵舉動，使門徒終於發覺主的奇妙同在？這對我們有什麼意義？
4. 耶穌如何透過聖經，重新塑造門徒對受苦與盼望的理解？
5. 「我們的心在我們裡面豈不是火熱的嗎？」這句話揭示了與基督真實相遇的特徵是什麼？以馬忤斯路上的與主相遇如何改變了這兩位門徒？如何給他們帶來了傳遞好消息的衝勁？
6. 手機和數位媒體如何使我們的眼睛模糊，使我們也看不清復活主的同在？
7. 認識復活主曾如何改變過去的我？這次數位禁食如何使我們更深地與主和與人連結？
8. 這次數位禁食中的四步曲：放下、發現、喜樂、和立志如何影響了你和你的家？這個經驗如何幫助你立志繼續跟隨祂？
9. 對你來說，這次數位禁食後你個人的最大收穫是什麼？這次禁食後你打算如何繼續守住應有的數位界線？你與基督的相遇當如何更新你對福音的火熱？