



Key References:

Mark 6:35-37 (NLT)

³⁵ Late in the afternoon his disciples came to him and said, “This is a remote place, and it’s already getting late. ³⁶ Send the crowds away so they can go to the nearby farms and villages and buy something to eat.”

³⁷ But Jesus said, “You feed them.”

John 15:5-8 (NLT)

⁵ “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. ⁶ Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. ⁷ But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! ⁸ When you produce much fruit, you are my true disciples. This brings great glory to my Father.

Mark 6:41-44 (NLT)

⁴¹ Jesus took the five loaves and two fish, looked up toward heaven, and blessed them. Then, breaking the loaves into pieces, he kept giving the bread to the disciples so they could distribute it to the people. He also divided the fish for everyone to share.

⁴² They all ate as much as they wanted, ⁴³ and afterward, the disciples picked up twelve baskets of leftover bread and fish. ⁴⁴ A total of 5,000 men and their families were fed.

Reflecting back on the past weekend’s sermon, was there anything you realized for the first time, that caught your attention, that challenged or confused you?

1 – SOMETIMES WE JUST NEED A BREAK

Nathan began by sharing how tired his family has been lately and how much we all need rest in our lives to function well. **Share a time that you’ve been so tired you couldn’t function properly and just needed a break.**

2 – JESUS, JUST SEND THEM AWAY

Read Mark 6:30-44. In verse 35-37, the disciples want to send the crowds away, choosing to focus on the impossibility of the task before them and on what they lack. Jesus calls them to look at what they have and what can be done through the Spirit’s power.

How does our ability and endurance change when we look at life through eyes of spirit-empowered faith? How could things change if we looked at life through spiritual eyes?

3 – THE BREAD OF LIFE

Nathan shared this quote from John Piper: “[Jesus] will always be enough for you. If you pour out your life to give bread to the world, [he] will be your all-satisfying bread. The more you satisfy others, the more [he] will be your satisfaction. The more you give life to others, the more [he] will be life to you. Jesus is the bread of life.”

Have you ever thought you aren’t enough, or don’t have enough, to be used by Jesus? What truths does this quote have to tell us when we are in those times? How does thankfulness play a part in this?

4 – OUR LIFE-LINE ...

Read John 15:5-8. When we are tired, Jesus is our life-line.

What does this passage teach about experiencing rest in our lives, but still living empowered by the Spirit day by day?