

# PUT IT INTO PRACTICE. ✓

**Ice Breaker:** Do you agree with this quote? Explain.  
What's the first thing you do when you wake up in the morning?

**Read:** Mark 6:30-44

## Discussion Questions:

- Opening Thought
  - What are some “unhealthy rhythms” you’ve noticed in your life that Jesus might want to reshape?
- You Must Withdraw for Renewal (Mark 6:30-34)
  - Why do you think Jesus — who was perfect — still needed to withdraw and rest?
  - What makes withdrawing for rest difficult for you personally? (i.e. schedule, expectations, guilt)
  - When in your week do you most clearly sense God calling you to slow down or step away?
  - Jesus withdrew, but He also stepped back into ministry with compassion. How can we both rest well and handle our responsibilities well?
- You Have What You Need (Mark 6:35–38)
  - The disciples saw lack, but Jesus saw opportunity. Which viewpoint do you naturally relate to?
  - Jesus told the disciples, “You give them something to eat.” What is something God may be asking you to do that feels impossible with your current resources?
  - What’s a time when God used your “not enough” and made it “more than enough”?
  - How can we train ourselves to see God’s provision instead of our limitations?
- You Have to Prepare for What You’re Expecting! (Mark 6:39–44)
  - Jesus organized the crowd before multiplying the food. Why do you think preparation mattered?
  - What’s something you are praying or believing God for right now? What practical steps of preparation could you take in faith?
  - What’s the difference between control and faithful preparation?
  - How does preparation demonstrate faith rather than doubt?
- Closing Thoughts
  - What fear tends to challenge your trust in Jesus the most?
  - What’s one thing you want to trust God for this week in a deeper way?

Share prayer requests and close in prayer.

