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as the hands and feet of Christ*

SMALL GROUP DISCUSSION GUIDE

July 21-22

“Come Away and Rest for a While”

By Rev. Keith Herron

What Is This?

This brief guide is intended for use individually, or in small groups. It's your chance to dive deeper into the issues raised in the weekend sermon and to connect a Biblical story with your daily life.

Revisit the Text

Mark 6:30-43; <https://bit.ly/2v19tNc>

Big Ideas Raised

This is the third of 3 consecutive stories, a trilogy for this middle-of-the-summer reflection on the stories of Jesus in Mark's gospel and the invitation to “walk this way.” There is a larger theme spanning these 3 stories when they are read consecutively and seen as a whole. Jesus has experienced rejection and grief and now comes to recognize how exhausted he and his disciples were in trying to meet the needs of the crush of the crowds. The question linking the 3 stories, “Is there enough (of me) to go around?” hovers over this story. Jesus had suffered two painful events and then could not break away from the needs of those chasing him to rest.

Everyone needs to rest and recover when things get hectic. Jesus invited his disciples to join him for a mini-retreat but they were swamped with even more needs. The feeding of the 5000 men (not to mention the women and children who were also there) was a chance for Jesus to invite everyone into partnership to feed themselves – proving there's always enough to go around when all are involved.

Questions Meant to Dig Deeper

- There are no guarantees about life being balanced and consequently there are crises, sometimes multiple crises that overwhelm us. We can be absorbed by life's events and may lose our sense of hope. Have you had times like that? How did you cope? What happened?
- Perhaps you've been overwhelmed about some need you are attempting to handle, someone you love, some dramatic need you are trying to juggle. Have you come to the end of your resources? What have you done to handle these needs?
- What wisdom have you discovered in the shadows of such moments? What resources are there you didn't know about until you arrived at the end of your rope?
- One leader observed, “You can be alone, or you can be the church.” How is the community of faith a source of hope or help when you've given out the last morsel and are empty?

Revisit the Sermon

For a recording or a manuscript of this weekend's sermon, please visit:

<https://www.stlucasucc.org/sermons-resources>