



Sermon Discussion Questions

"How to Simplify" From Exhaustion to Equilibrium

Mark 6:30-32

July 24, 2016

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Opener:

If you were to plan a vacation with your family, where would you go and why?

Questions:

1. What was the mission order given to the disciples earlier in the chapter (verse 7 onwards)? In what state could they have been when they went back to Jesus in v. 30?
2. What was the scene around them as they were talking with Jesus? Was it a nice place to be after all their hard work?
3. How does Jesus respond in verses 31 and 32 to the situation?
4. Read on to the succeeding verses. Do the disciples get the rest they were expecting? What did they end up doing?
5. Despite the lack of a peaceful situation after Jesus' invitation in verse 31, how was God's power and peace displayed to the disciples in the rest of chapter 6?

Application:

6. What stressful situation in life would you want out of right now?
7. Can you relate to the disciples in verses 33 onwards? Do your vacations become exhausting and you end up saying that you need a vacation from your vacation?
8. How can you focus your eyes on the rest that Jesus offers in the solitary place, even when the situation might not necessarily change?
9. Consider how you can pray for each other this week, for you to bear each other's burdens, and to help each other savor the rest that Jesus offers.

*These questions were adapted from *The NIV Quiet Time Bible* (InterVarsity, 1996), *The Serendipity Bible for Groups* (Zondervan, 1998), and *The NIV Life Application Study Bible* (Zondervan, 2011).