

**“Take Heart! It is I.”**

**Mark 6:45-56**

Emily Mitchell

February 16, 2020



## **NOTES**

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Suggested Questions for Individual Study or Group Discussion\*



- Reread Mark 6:45-56. Verse 46 says that Jesus went on a mountainside to pray. Why do you think that Jesus sought out prayer so often in his ministry? If Jesus needed prayer and solitude regularly in his relationship with God, what does that say about our need for regular prayer and solitude?
- The disciples in verse 48 were “straining at the oars” for hours before Christ appeared walking on the water. Where in your life do you feel like you are “straining” and working against the wind? How is that experience of struggle forming you; what is it teaching you?
- In verse 54, Mark says that people recognized Jesus as soon as he and the disciples got out of the boat. But when Jesus was on the water, the disciples didn’t recognize him: they thought he was a ghost. When has it been easier for you to recognize Christ, and when has it been more difficult to recognize Christ in your life and in the life of the world?
- What did the disciples fail to understand about the loaves (v. 52)? What are ways that we can keep our hearts softened to the power of Jesus and not harden them? In your experience, what are the conditions that signal a hardened heart (fear, selfishness, disbelief, ignorance/misunderstanding, etc.)?
- **For families with young children-** *Pray: “Jesus, we can’t put you in a box. You can walk on whitewater waves. And yet you knew when you needed to pray. Just like we need to pray, you did too. When we see how amazing you are, we ask you to help us with our big fears and our small faith. Please come in our boat, Lord Jesus. Amen.”*

\*Select or adapt questions to fit the needs and makeup of your group.

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