

It was a dark and stormy night...

The Darkness of Overwhelm

Mark 6:30-34

The situation:

1. They were likely exhausted.
2. They had been giving out without taking in.
3. They were in a spot that they had no control over.
4. They had been given responsibility they didn't ask for.
5. They were simply inadequate to meet the demands.

The solution:

1. Just do the next thing.
2. Use what is available to you.
3. Look to heaven.
4. Maintain a spirit of gratitude.
5. Call in the team.
6. See yourself as a distributor.
7. Look for the reward.

storylines prompt:

Can you think of a time in your life when you were overwhelmed? Can you rewrite the story of the feeding of the 5,000 to reflect your situation?



resource guide

First Five / Final Five:

⇒ Take the first five minutes of each day to READ God's Word, and the final five minutes of your day to REFLECT on God's Work in your life.

The Big Idea:

- In your own words, how would you summarize the main idea of the message?

From the Message:

- Of the five reasons given for the disciples' feeling overwhelmed, which do you relate to? Relate to most?
- When has someone been able to help you at a time when you were overwhelmed? How might you help someone else?
- Why is rest and replenishment so important to us? How do you prioritize it in your own life? How can you find restoration when life doesn't seem to provide opportunity?

From the Passage:

- In verse 30, Mark describes Jesus followers as apostles rather than disciples as they were usually called. Why do you think that is? How does the story of the sending of the Twelve in vs. 7-13 (as a preview of their future role) connect to the story of the feeding of the 5,000?

Think it through / Talk it over:

- Talk about a time when you felt overwhelmed? How would you describe the emotion? How did you get through it?
- When do you tend to feel overwhelmed? Or when are you most likely to feel overwhelmed?
- How can you find supernatural strength?
- What is the situation you are facing right now? What is "next thing" or the "use what you have" in your situation?

Take a Step:

⇒ Truth transforms us only as we take action. What is that one step you need to take?