

# 04 JESUS IS ENOUGH

KEY TEXT: MARK 6:30-44

## CENTRAL truth

When life gets complicated, it isn't always fun. But we can't let circumstances determine how we act, think, or speak. As the disciples learned when Jesus told them to feed five thousand people with one lunch: until we figure Jesus into the equation, we aren't really looking at things realistically. **Jesus sees and provides for our needs.**

## key question

**What can we learn from the way Jesus responded to the crowds at this time when He and the disciples needed rest?**

Jesus cared more about spreading the gospel and caring for the people He came to save than He cared about His own comfort, so He never passed up an opportunity to minister to others. Jesus was able to look past the inconsiderate behavior of people to see and meet their needs. When people treat us badly, it's usually because they've been treated badly or don't know any better. Love for God and the gospel should drive us to respond like Jesus did, even when our own needs haven't been considered.

## keep in mind

- The current cultural focus on personal wellness and setting good boundaries could cause some students to resist the idea of pushing themselves to meet the needs of others when their own needs haven't been met. Use this opportunity to affirm the idea of personal stewardship (taking good care of the body, mind, and soul that God has given you) while reinforcing the importance of depending on God to give us what we need to serve Him. He doesn't give us a job without providing what we need to do that job.
- The fact that only men were counted in this story might frustrate some students, especially the young women in your group. Point out that while Mark's focus on the men would have been culturally acceptable at the time, Jesus didn't discriminate against women. They traveled with Him, supported His ministry, and had private conversations with Him.

## application

**What do these verses teach us about the importance of rest?**

## the win

**FOR THE STUDENT:** God knows what we need and how we feel. When He tells us to do something, He takes those things into consideration, but He also knows what He is capable of and the importance of the tasks He assigns. If God tells them to do something, students can trust God to help them do it!

**FOR THE LEADER:** Encourage students to stay open and available to God so He can meet needs through them. Share how God has used others to bless you and blessed you by giving you the chance to bless others.

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