



HEALTH CARE BIBLE STUDY

MARK 6:31-43 JESUS SEES THE TIRED AND HUNGRY

31 And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat. 32 And they went away in the boat to a desolate place by themselves. 33 Now many saw them going and recognized them, and they ran there on foot from all the towns and got there ahead of them. 34 When he went ashore he saw a great crowd, and he had compassion on them, because they were like sheep without a shepherd. And he began to teach them many things. 35 And when it grew late, his disciples came to him and said, "This is a desolate place, and the hour is now late. 36 Send them away to go into the surrounding countryside and villages and buy themselves something to eat." 37 But he answered them, "You give them something to eat." And they said to him, "Shall we go and buy two hundred denarii worth of bread and give it to them to eat?" 38 And he said to them, "How many loaves do you have? Go and see." And when they had found out, they said, "Five, and two fish." 39 Then he commanded them all to sit down in groups on the green grass. 40 So they sat down in groups, by hundreds and by fifties. 41 And taking the five loaves and the two fish he looked up to heaven and said a blessing and broke the loaves and gave them to the disciples to set before the people. And he divided the two fish among them all. 42 And they all ate and were satisfied. 43 And they took up twelve baskets full of broken pieces and of the fish.

BACKGROUND: PATIENT VISIT AND CONTEXT

- Jesus and his 12 students (disciples) had been working very hard caring for the masses of people in need. They were tired and didn't even have a chance to eat!

EXAMINATION: ASSESSMENT

- Who are the different groups of people in this story? What are their various physical, emotional, and spiritual needs?
- What do you like about the unique ways Jesus cares for each of these groups? Discuss his actions.

DIAGNOSIS: LIFE APPLICATION

- What are your self-care habits like?
- Where do you experience scarcity in your life? When do you feel like what you have to offer isn't enough?
- What does it look like to rest in Jesus and be satisfied?



SPIRITUAL PRESCRIPTION:

Schedule your week to intentionally promote self-care and wellness by getting enough sleep, feeding yourself, and resting with Jesus. Ask Jesus to care for your needs, and share your experience with the group at the next gathering.