

SUNDAY BIBLE STUDY · STUDY SHEET

Movement II · What Every Human Needs

Rest

The series question: "*And who is my neighbor?*" (Luke 10:29)

MARK 6:30 And the apostles gathered to Jesus. And they told Him all things, even as many things as they did and as many things they taught.

31 And He said to them, You yourselves come apart into a deserted place, and rest a little. For The ones coming and The ones going were many, and they did not even have opportunity to eat.

32 And they departed by boat into a deserted place privately.

READ ALONG: Mark 6:30–32

Follow along

1. What had the apostles just done, and what did Jesus tell them?

2. Why was there no time to eat?

3. Why might Jesus send them away right after a successful mission?

4. What is the difference between rest and numbing?

5. When did you last truly rest?

6. What happens to the way you treat people when you are worn out?

7. Do we treat busyness as a sign of faithfulness?

Leave them with

THE ONE QUESTION

What would it take for you to rest a little this week?

- 1.** Who around you needs permission to stop?

The empty chair. Every week one chair at our table stays empty. It is for the person you would never invite.

Notes