Pray together to enter the study
Read text aloud (2-3 verses per person)

FRAME *2 min to read aloud*

An account of Jesus' life written by Mark, one of His followers.

Jesus and the apostles (disciples) were coming back from a busy time of traveling to heal people when the large crowd found them.

OBSERVE

5 min to reflect alone, 5 min to all share

Imagine yourself in the story. What do you see, hear, and smell?

Look for repeated words, comparisons, contrasts, and cause and effect.

Note characters, relationships, locations, time, actions, and reactions.

INTERPRET

3 min to gather q's, 12 min to discuss

Develop some questions based on your observations. What stirs your curiosity?

Imagine the perspective of the people in the scene.

Answer your questions from the text and context.

SUMMARIZE & SPOTLIGHT

1 min to read the summary aloud

After being exhausted from long travels, the disciples and Jesus tried to rest when a crowd found them. There were too many people to feed, but Jesus thanked God and miraculously turned one meal into a meal for 5,000 people.

3 min to individually write a main point
2 min for all to share, end with leader

WEEK 7: PROVISION IN EXHAUSTION

Mark 6:30 – 44 (NIV)

30 The apostles gathered around Jesus and reported to him all they had done
and taught. 31 Then, because so many people were coming and going that
they did not even have a chance to eat, he said to them, "Come with me by
yourselves to a quiet place and get some rest."
32 So they went away by themselves in a boat to a solitary place. 33 But many
who saw them leaving recognized them and ran on foot from all the towns
and got there ahead of them. 34 When Jesus landed and saw a large crowd,
he had compassion on them, because they were like sheep without a
shepherd. So he began teaching them many things.
35 By this time it was late in the day, so his disciples came to him. "This is a
remote place," they said, "and it's already very late. 36 Send the people away
so that they can go to the surrounding countryside and villages and buy
themselves something to eat."
37 But he answered, "You give them something to eat."
They said to him, "That would take more than half a year's wages! Are we to
go and spend that much on bread and give it to them to eat?"
38 "How many loaves do you have?" he asked. "Go and see."
When they found out, they said, "Five—and two fish."
39 Then Jesus directed them to have all the people sit down in groups on the
green grass. 40 So they sat down in groups of hundreds and fifties. 41 Taking
the five loaves and the two fish and looking up to heaven, he gave thanks
and broke the loaves. Then he gave them to his disciples to distribute to the
people. He also divided the two fish among them all. 42 They all ate and were
satisfied, 43 and the disciples picked up twelve basketfuls of broken pieces of
bread and fish. 44 The number of the men who had eaten was five thousand.

INVITATION

5 min for individual reflection, 5 min to share as a group

Every healthcare worker knows it is hard to care for others when you're worn out. How can you remind yourself when tired that Jesus will provide for you, like He did the crowd? Write a reminder that will help you during busy shifts or clinical:

CONCLUDE

5 min to pray for each other and your applications

InterVarsity
NURSES CHRISTIAN FELLOWSHIP

Copyright © 2026 INTERVARSITY CHRISTIAN FELLOWSHIP/USA NCF-JCN.org/resources
Scripture quotations taken from The Holy Bible, New International Version® NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc. Used with permission. All rights reserved worldwide.