



‘JUST GO AWAY!’

Self-care Study 3

BACKGROUND

Jesus and his twelve students had been working very hard to care for everyone else’s needs, but they had been neglecting their own needs. They were tired and hadn’t had a chance to eat! They just wanted the crowd to go away.

- Describe how you feel when you take care of others needs and neglect your own.

MARK 6:31–43: TIRED AND HUNGRY

Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his [disciples] didn’t even have time to eat. So they left by boat for a quiet place, where they could be alone. But many people recognized them and saw them leaving, and people from many towns ran ahead along the shore and got there ahead of them. Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them because they were like sheep without a shepherd. So he began teaching them many things. Late in the afternoon his disciples came to him and said, “This is a remote place, and it’s already getting late. Send the crowds away so they can go to the nearby farms and villages and buy something to eat.” But Jesus said, “You feed them.” “With what?” they asked. “We’d have to work for months to earn enough money to buy food for all these people!” “How much bread do you have?” he asked. “Go and find out.” They came back and reported, “We have five loaves of bread and two fish.” Then Jesus told the disciples to have the people sit down in groups on the green grass. So they sat down in groups of fifty or a hundred. Jesus took the five loaves and two fish, looked up toward heaven, and blessed them. Then, breaking the loaves into pieces, he kept giving the bread to the disciples so they could distribute it to the people. He also divided the fish for everyone to share. They all ate as much as they wanted, and afterward, the disciples picked up twelve baskets of leftover bread and fish.

REFLECTION

- Describe the difference between how Jesus feels about the crowd, and how the disciples feel about them.
- Describe the life-lessons that Jesus wants to teach the disciples (and us) from this story.

LIFE APPLICATION

Jesus has compassion on us. We can tap into his love and offer compassion to others, even when we are physically tired, maxed-out relationally, or spiritually empty.

- We want to grow in experiencing Jesus’ compassion for us personally, and for showing his compassion to others. Which one is harder for you today?

SPIRITUAL PRACTICE

Jesus’ compassion can repair broken relationships. In prayer, let’s each bring a relationship to Jesus where we feel disappointment. This may include getting ghosted, feeling shamed, or just miscommunication.

Pray this prayer: *Jesus, show me which relationship needs your healing and compassion. Fill me with your compassion for me, and give me with new love for (person) Show me one concrete way I can mend this relationship this week.*