



18 - 24 July 2021 The rhythm of rushing and resting

**Related Bible reading(s): Mark 6.30-34,53-56**

## **Bible study on Mark 6.30-34,53-56**

*This study can be used by a small family/ household group, or by an online group, or – sometimes with a little adaptation - by an individual.*

See our [Guidelines for a weekly Bible study](#)

### **Begin with an opening prayer**

God, our loving Father,  
who gently guides and leads us,  
restore our souls today  
as we come together today.  
Let us not hurry, but sit at your feet,  
gazing upon your lovely face.

**Amen.**

### **Read the passage**

*Consider different ways to read the text. For example, hearing it in more than one version of the Bible.*

*In an online group, you could share parts between those present, or use/adapt this week's Share the Word suggestion: Use the Jump to this week's menu on the right to go to Share the Word and scroll down to find the Gospel reading.*

### **Explore and respond to the text**

*Start by reading the Bible notes below. You may want to read them more than once, or pause after each paragraph to reflect on what you have read.*

### **Bible notes**

This week, the lectionary gives us two short pieces of text that are often overlooked because they are the connecting verses between more prominent stories. The Sea of Galilee is rather like a huge Scottish loch. If someone had access to a boat, it would be easy therefore to row or sail across to another place. Unfortunately, because of the hilly ground, anyone watching from the shore would also have a good view of your progress and could make a guess as to where you were going to land and so could make the journey on foot to greet you. This is what happened when Jesus took his disciples away to a quiet place to rest. The crowds got there before them. But Jesus has compassion for these people who are desperate to receive his teaching and guidance. However, he does take time to be alone when the crowds are gone – even sending his disciples away (6.45-46). The next time that the boat lands and Jesus walks on the shore, the same thing happens – many people rush to be near him and to ask him for healing.

See also:



### **Life, death, resurrection and Holy Spirit**

John Parr discusses the readings in this issue with young Christians, Tiffany Barber and Jason Morgans-Hurley.

### **Reflection**

*Spend a few moments thinking about what stands out for you from the Bible reading. This idea may help.*

Jesus seems to have been recognised and followed by crowds wherever he went, with little time to rest or even eat on occasions. No wonder that Jesus' desire, for himself and his disciples, was to get away and have some 'me time' – even though his plans were somewhat thwarted. Busyness – with all its attendant stresses – is a common problem; for some, the idea of rest as a way of 'retreating to advance' is too counterintuitive. However, are we not in a better position to show compassion to others if we first look after ourselves? Anyone who has flown will have been told to put on their own oxygen mask before looking to assist anyone else – putting oneself first is not always the wrong thing to do. Where do we go to for our spiritual 'me time'? And do we seek rest when we most need it?

### **Questions for reflection**

*You may wish to use these questions and the picture to help you think about or discuss issues of sharing.*



Click on the image to view a larger version or use the *Jump menu* to go to *This week's images*. For artist's details, see [this issue's illustrators](#).

- A scene of tranquillity, or a rush to get home before sun set, or... what do you see?
- How do you maintain a healthy balance between rushing and resting?
- What part does God play in achieving that balance?

### **A simple worship activity**

#### **Finding a moment of rest in a busy day**

- In Mark 6.32, Jesus and the disciples went across the lake to get some rest. They were surrounded by crowds before their departure, and again on their arrival at the other side. The only rest time they had was on the boat!
- In groups, encourage a discussion on how they might find 'boat time' – i.e. opportunities to find or carve out a snippet of rest – in the busyness of a normal day. Boat time could be anything impromptu, e.g. perching on a park bench for a couple of minutes, or using time on the stairs to pray for something.
- Invite the groups to share ideas they have come up with that might be of wider interest.

*Use the Jump to this week's menu on the right to go to more activities in Explore and respond.*

### **Prayer**

*Adapt to your local context.*

Thank you, Lord, that you always had time for people.  
Even when you were tired and needed a rest,  
when the crowds gathered your compassionate heart  
healed and restored all those who came to you.  
Thank you that you are kind and caring  
and lavish your love upon us.  
Your self-giving love has set us free  
to be the people you have called us to be.  
Thank you that you are present  
in the big and small things of our lives,  
in the ordinary and everyday times,  
and in the extraordinary and special times.  
You never leave us or forsake us.  
Thank you, Lord, our Shepherd and King.

**Amen.**

*Use the Jump to this week's menu on the right to find more prayers, including up-to-date intercessions.*

### **A prayer to end the Bible study**

O God, in Scripture  
we read that you rested on the seventh day –  
after all the busyness and work of creation;  
and we read of Jesus' desire for his disciples to rest.  
As your followers, your disciples, now,  
and as we return to our busy lives,  
may we know the rest you offer  
every day of this week.

**Amen.**

### **Go with God 24/7**

*Encourage everyone to put their faith into action.*

Every day this week, try to make some 'boat time' during your daily routine, and use it as time to be with God.

*Encourage everyone to explore their faith this week with the **ROOTS at home resource**.*

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