



## Groups Guide

**Text:** Mark 6:45-56

**Title:** Hope for the Frustrated

**Series:** The Gospel According to Mark

**Preacher:** AJ Roberts

## Main Idea

The presence and power of Jesus brings aid to our hardened and frustrated hearts.

## Loop Questions

1. ICE BREAKER: Do you have a favorite nursery rhyme?
2. Can you share about a time when you were so frustrated with something or someone that you wanted to quit? What was the end result?
3. It was in the darkest hour that Jesus showed up. Can you share about a time where the Lord showed up just in time?
4. Self-sufficiency is an appealing approach to life, but it never provides what we truly need. What are some natural ways you find yourself trying to be self-sufficient?
5. The presence and power of Jesus brings aid to our hardened and frustrated hearts. Of the three aids covered (presence, power, peace), which do you appreciate the most?
6. Through "passing by", declaring "It is I", and walking on the water, Jesus is deliberately revealing his divinity—that He is God. (See Exodus 33:19, Exodus 3:6, Job 9:8.) Is this just unnecessary, theological jargon, or are these realities necessary for Christian life today? Explain.
7. Many around us are rowing through the frustrating waters of self-sufficiency. Has God opened any doors this week to share the hope of Jesus? Take time to share about these and pray for the Spirit to move!

## Understanding

Mark Study Guide: [mark.martinsburgchurch.org](http://mark.martinsburgchurch.org)