

Community Group Notes/Discussion Questions

Sunday, September 13, 2026

Sermon: Joel McCutcheon

Text: Mark 6:7-13, 6:30-7:23

Guest speaker Joel McCutcheon spoke from Mark chapters 6 and 7 about the lesson Jesus was teaching his disciples about the purpose and hope in their burnout and suffering amid constant, demanding ministry. Joel drew out seven lessons about burnout from the story and linked the lesson Jesus was teaching the disciples throughout the text to his rebuke of the Pharisees in chapter 7.

Read Mark 6:7-13, 6:30-7:23

Lesson 1: Burnout Affects Our Souls

1. Getting away is necessary during times of intense strain, but it is not always possible. Jesus recognized that the disciples would need physical rest after their ministry and hearing about John the Baptist, but he is setting up a greater lesson than this. Share about a time when you needed physical rest, but you had to rely on God's power and care instead.

Lesson 2: Burnout is a Powerfully Motivating Force When We See and Understand the Real Mission

2. Despite the disciples' exhaustion, Jesus allowed the crowds to come. Jesus saw the ultimate eternal purpose when the disciples felt only physical weakness and saw only limited physical resources. How does Mark describe the way Jesus sees the crowd, and why does this take precedence over the disciples' need for rest?

Lesson 3: Man's Ability is Not the Measure of His Responsibility

3. Jesus shows the disciples they are relying on the wrong thing for comfort. What does the miracle he performs show the disciples to rely on, and how?

Lesson 4: Jesus's Mission is Greater Than Our Ministry, Lesson 5: Burnout Can Harden Our Hearts, But It Can Save Our Souls, and Lesson 6: What They Wanted Was Not What Christ Was Giving Them, But What Christ Was Giving Them Was What They Needed.

4. Just when the disciples think they're out of the woods, Jesus has them row into a windstorm. Mark says he meant to walk alongside the boat, not get in it with them. How has Jesus walked alongside you in your trials instead of solving them, and how did that teach or grow you?

Lesson 7: Burnout Exposes What Is Really Going on In Our Hearts

5. The Pharisees call Jesus out because his disciples eat without washing their hands first. How is the Pharisees' complaint like the disciples' behavior? What lesson was Jesus trying to teach all of them? How can you apply it to yourself?