



Get Started

- What's a time recently when you felt completely worn out physically, emotionally, or spiritually? And what helped you recover?
- When you see someone in need, what is your first instinct and why do you think that is?
- If you could instantly meet one practical need in your city or community, what would it be?

Dive Deeper

- In the Bible's story of Jesus feeding there 5,000, the disciples return exhausted, and Jesus invites them to rest, yet the crowd follows. What does this passage show us about both human limits and Jesus' heart?
 - How do those two things sit together?
- Jesus sees the crowd as "sheep without a shepherd" and has compassion. What do you think it means to see people the way Jesus sees them?
 - What usually keeps us from seeing people this way?
- The disciples' solution is to send the crowd away, but Jesus says, "You give them something to eat." Why do you think Jesus responds this way?
 - What does this reveal about how God chooses to work?
- The disciples immediately think in terms of cost and limitation (200 denarii). What are some ways we tend to respond like this when faced with needs today?
 - What does that reveal about our thinking?
- Jesus asks, "What do you have?" before He acts. Why is that question important?
 - What might God be trying to teach us when He asks us to start with what we already have?
- Jesus performs the miracle, but the disciples distribute the food. What stands out to you about how the miracle happens?
 - Why do you think Jesus involves them instead of doing it all Himself?
- Read *Matthew 25:35-40*. How does this passage deepen or challenge your understanding of meeting needs (hope and help)?

- What connection do you see between serving people and serving Jesus?
- Read *James 1:17*. How does remembering that “every good gift” comes from God shape the way we view both what we have and what we give?

Apply It

- Where in your life right now do you personally need hope (trusting God will act) or help (God stepping in)?
 - What would it look like to bring that honestly before Him this week?
- Think about the prayer from the sermon. Which part of that prayer feels most challenging for you right now, and why?
- What is one specific need you are already aware of (a person, situation, or ministry)?
 - What would it look like to not “send them away,” but step toward that need this week?
- What do you currently feel like you don’t have enough of? How might God be inviting you to offer that anyway?
- What is one simple, concrete action you can take this week to bring help to someone else?
- Who is one person you can intentionally see with compassion this week and what will you do differently because of that?

Pray

Take our hands, work through them. Take our lips, speak through them. Take our minds, think through them. Take our hearts, set them on fire.