

“Take heart, it is I”

Mark 6:45-52

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What are the disciples doing when Jesus comes to them, and what does he say when they cry out in terror?

2. What does it show me about people — and about myself?

Where are you straining against the wind right now, and what makes it hard to recognize Jesus in the middle of it?

3. What will I obey this week? (a concrete step, with a day)

When fear cries out this week, how will you receive Jesus' words, 'Take heart, it is I'?

4. Who will I tell?

Who is rowing exhausted against the wind, and how could you bring them these words?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, when I strain at the oars against the wind and cannot even recognize you coming toward me, say to me, 'Take heart, it is I,' and climb into my boat.



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