

Life Group Discussion Guide

JESUS AND THAT DAY

Matthew 14

Stuart Jones - March 31, 2019



INTRODUCTION

The demands we face at work often zap us of physical and mental energy leaving us unable to deal with other things in our life.

Matthew 14 details that type of day. It began with Jesus grieving over His cousin who had been executed, then proceeded to His feeding more than 5,000 with two fish and five loaves of bread and ended with Jesus walking on water to return to His disciples.

Jesus had the power to thrive in such a day by twice getting away to spend time with God alone. God provides the strength we all need.

DISCUSSION STARTER

1. Tell the group about a day or season of life that was very stressful for you. Why was it so stressful? What brought it to an end?
2. When stress hits, how do you handle it? Are you on edge, angry, get off by yourself or dismiss it?

EVALUATE IT

1. Read Matthew 14:13-21. What does it reveal about Jesus that even though He is physically tired and emotionally exhausted He still took time to heal sick and “fix dinner” for everyone?
2. Stuart said, “We all have people, even if it’s just a small group of people with whom we are energized to spend time with them...sometimes the busier life gets, the more necessary it is to make time for the family.” What did he mean by this? How can family help us reduce stress?
3. Read Matthew 14:13 and 23. What does Jesus do twice? Stuart called these moments Jesus’ refuel and recharge. How did His moments in verses 13 and 23 refuel and recharge Him?
4. We all will have stress filled days. How did Jesus navigate, cope and handle His highly stressful day?

1. Having watched Jesus work His way through a stressful day, what things will you do differently the next time one of “these days” sneaks up on you?
2. How will knowing Jesus went through big stress influence your prayers the next time you encounter a stress filled time?



Interested in joining or starting a Life Group?
Contact our Life Groups Minister.

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