



Discussion Guide

Date: 9/6/2026

Sermon Title: What if I don't have enough?

Scripture: Mark 6:45-52

This discussion guide is a layout to be used with a group or class. We have included opening and closing prayers to start and end your group. The guide may be used for personal or family reflection as well.

OPENING PRAYER

God of abundance, we come today carrying the things we fear we do not have enough time, strength, money, faith, answers, or even hope. Quiet the voices of fear within us. Help us see what you have already provided. Open our hearts to recognize your presence, even when the wind is against us and the waves are rising. As we study your Word, teach us to trust you more deeply and to worship you not because everything is easy, but because you are faithful. Meet us in our questions, our doubts, and our fears. Remind us that we are never alone. In the name of Jesus Christ, Amen.

GETTING STARTED: WHAT ARE WE AFRAID WE WON'T HAVE ENOUGH OF?

Fear is one of the oldest human experiences. It is also powerful because fear can narrow our vision. We begin to see only the problem in front of us:

There isn't enough. I can't do this. What if something goes wrong? What if God doesn't come through?
What if I lose what I have? And when fear takes over, we can begin making decisions from scarcity rather than trust.

OPENING QUESTION:

When you hear the question, "What if I don't have enough?" what is the first thing that comes to mind? Enough of what?

BACKGROUND: WHERE ARE WE IN MARK?

Mark 6:45–52 comes immediately after one of Jesus' most recognizable miracles: the feeding of the five thousand. The disciples had just seen something they could not explain with their own resources. The crowd was enormous. The need was obvious. The disciples saw scarcity. Jesus saw possibility. And Jesus took what seemed inadequate and made it enough. Then comes something fascinating. Immediately after this miracle, Jesus sends the disciples into a boat.

READ THE TEXT TOGETHER

Mark 6:45–52. Have someone read the passage aloud. Then read it a second time, inviting everyone to listen for one word, phrase, or image that catches their attention. What stands out to you this time? Why?

DISCUSSION QUESTIONS:

Scripture

1. What do you notice about the disciples' emotional journey in Mark 6:45–52?
2. Why do you think Jesus sends the disciples into the boat?
3. What does Jesus do while the disciples are struggling?
4. Why do you think the disciples fail to recognize Jesus?
5. What does "Take heart; it is I; do not be afraid" reveal about Jesus?
6. What does Mark mean when he says they "did not understand about the loaves"?
7. What connection do you see between the feeding of the five thousand and the storm?

Fear & Scarcity

8. What does fear cause you to focus on?
9. How does fear change the decisions we make?
10. What is something you are tempted to believe you don't have enough of?
11. How can scarcity thinking affect our faith?
12. What is the difference between acknowledging a real need and allowing fear to control us?

Worship

13. What has worship taught you about God that you might forget during a difficult week?
14. How has worship helped you through a storm before?
15. What makes worship difficult when you are afraid?
16. Why do you think Scripture repeatedly calls God's people to gather and worship?
17. How might worship be a practice that prepares us for fear rather than simply a response to fear?

Wesleyan/Discipleship

18. If worship is a "means of grace," how does that change the way you think about Sunday worship?
19. Which spiritual practice most consistently helps you remember God's presence—worship, prayer, Scripture, Communion, fellowship, service, or something else?
20. What spiritual practice might God be inviting you to strengthen in this season?

SERMON QUESTIONS:

1. Pastor Allison describes Christians as 'Jesus Imagineers' called to ask 'what if we...' about serving the world -- what is one area of your life or community where fear has kept you from asking that kind of bold, imaginative question?
2. The disciples had witnessed Jesus perform miracles firsthand and yet still could not recognize him approaching on the water because fear had overtaken them -- in what ways does fear prevent you from recognizing the presence of God in your own circumstances?
3. The sermon draws a distinction between two fear-based questions: 'What if I am not enough?' and 'What if there is not enough?' Which of these questions do you find yourself asking more often, and how does it shape the way you respond to challenges?
4. The disciples were 'terrified'; in Greek it is 'terrasso,' meaning to be confounded and stirred up. Can you recall a moment when fear so overwhelmed your senses that it distorted your perception of what was actually happening around you?

5. Pastor Allison says that connection to Christ and to the Holy Spirit is what draws us out of fear and into creative, Spirit-led thinking. What spiritual practices or relationships help you return to that place of connection when fear takes over?
6. The Holy Spirit can prompt us through gut feelings or reasoning. How do you personally discern the difference between the voice of fear and the prompting of the Holy Spirit?

CLOSING PRAYER:

God of abundance, when fear tells us there is not enough, remind us of your faithfulness. When the wind is against us, remind us that you are near. When we cannot see you clearly, help us recognize your presence. When we forget what you have done, help us remember the loaves. Teach us to worship not because everything is easy, but because you are faithful. Give us courage to trust you with what we have, faith to release what we cannot control, and hearts open to receive your grace. This week, help us live not from fear and scarcity, but from the deep assurance that you are with us. In the name of Jesus Christ, who meets us even in the storm. Amen.

WAYS TO RESPOND:

Choose ONE of the following practices to focus on this week:

1. Pay attention this week to the "what if" questions that arise when you feel anxious or afraid. Write them down. Are they rooted in scarcity? Bring them back to your group or to God in prayer.
2. When you feel fear rising, try praying the Lord's Prayer slowly and intentionally, as Pastor Allison suggested. Use it to reconnect with Christ before trying to solve or reason through whatever is causing the fear.
3. As a group, identify one specific need in your community or church. Spend time together asking, "What if we..." and brainstorm responses without immediately filtering them through what seems realistic or feasible. Pray over what comes up.
4. Make a list of moments in your life when God provided in ways you did not expect; times when five loaves and two fish turned out to be enough. Share one of those stories with someone this week.
5. Identify one thing like a skill, a resource, a relationship, that you have been holding back out of a sense that it is not enough. Prayerfully consider what it would look like to offer it to God and see what God does with it.