



**GETTING
HEALTHY**

**STAYING
HEALTHY**



1. Admit that you have a need.

Mark 6:34–37 (NIV)

When Jesus...saw a large crowd, He had compassion on them...so He began teaching them. **By this time it was late in the day**, so His disciples came and said, "This is a remote place. **Send the people away** so they can go and buy something to eat."

Mark 6:34–37 (NIV)

But Jesus answered, “**You** give them something to eat!” They said, “That **would take eight months of a man’s wages!**”

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1. Admit that you have a need.
 - 2. Assess what you have.**

Mark 6:38 (NIV)

“How many loaves **do you have?**” Jesus asked,
“Go and see.” When they found out, they said,
“Five small loaves of bread and two fish.”

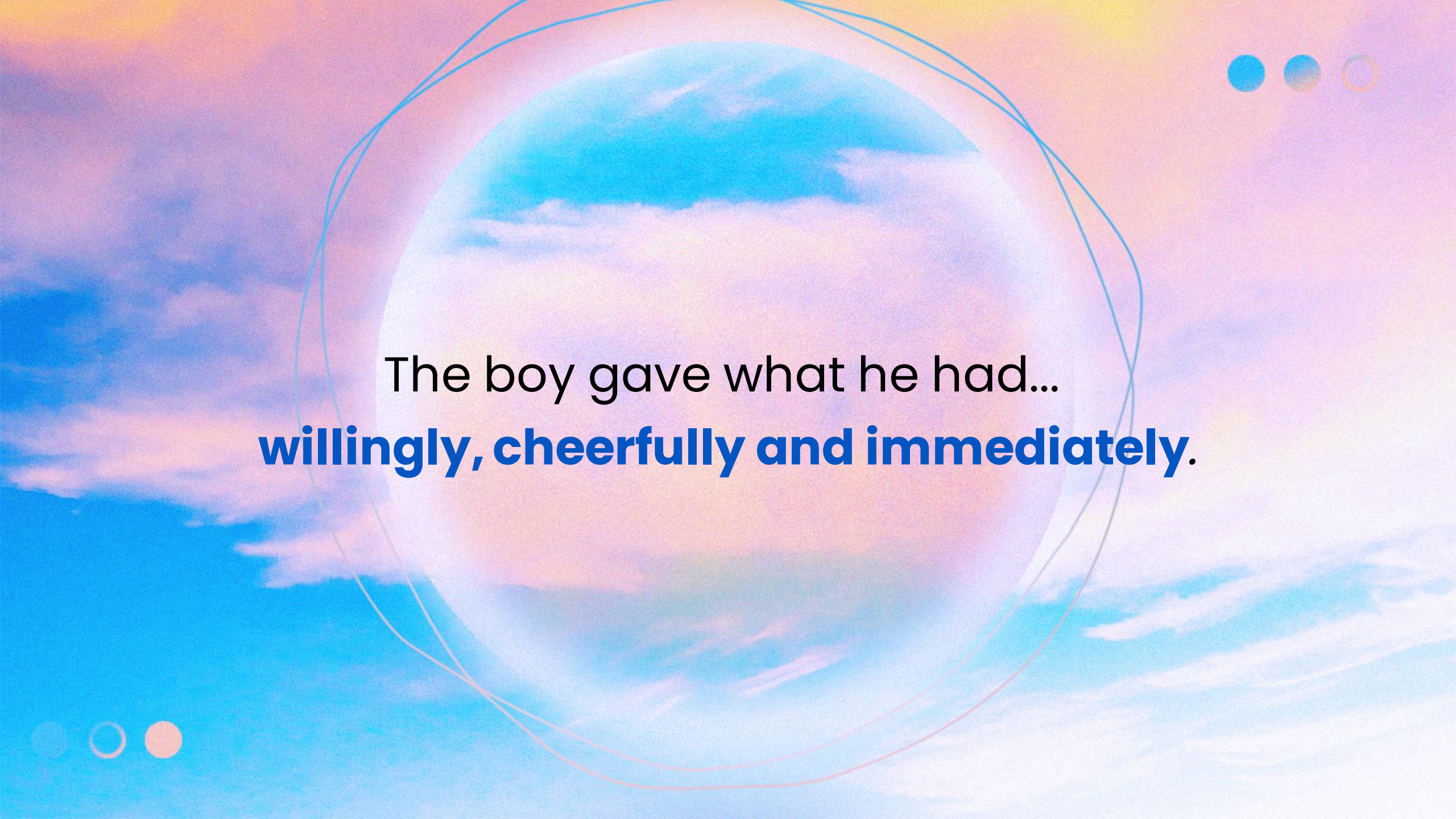
John 6:6 (NIV)

Jesus asked this only to **test** them, for He already had in mind what He was going to do.

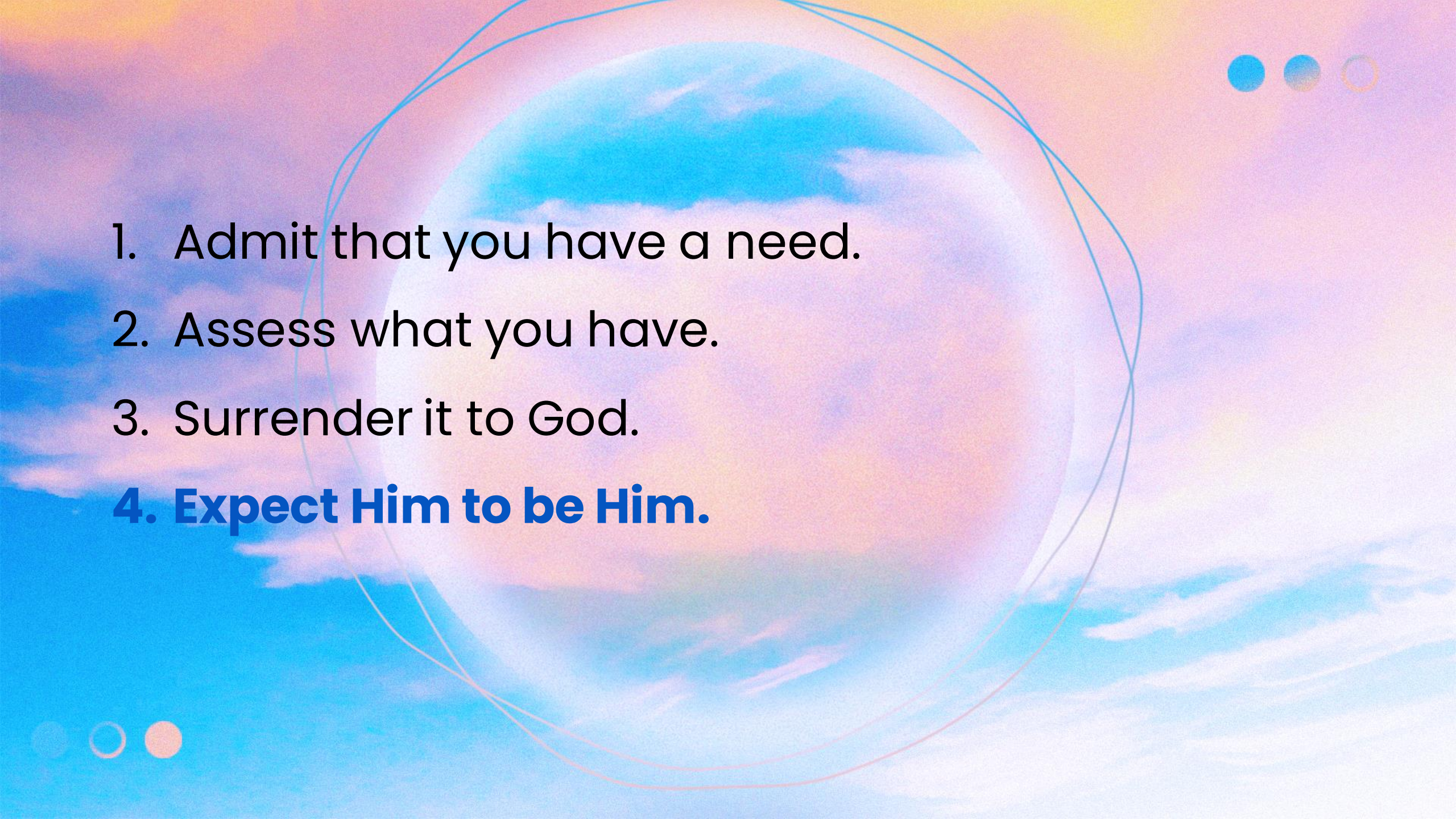
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1. Admit that you have a need.
 2. Assess what you have.
 - 3. Surrender it to God.**

Mark 6:41 (NAS)

Jesus took the five loaves and the two fish...
He blessed the food and broke the loaves
and He **kept giving** them to the disciples to
set before the people.



The boy gave what he had...
willingly, cheerfully and immediately.

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- 1. Admit that you have a need.
 - 2. Assess what you have.
 - 3. Surrender it to God.
 - 4. Expect Him to be Him.**

Mark 6:42-43 (Ph)

Everyone ate and **had enough**. Afterwards they collected 12 baskets full of...leftovers!

Mark 10:27 (NIV)

All things are possible with God.



