

Good News from Mark

Real Food and Drink

Sunday, September 14, 2025

Mark 8:1–10 (NLT)

"About this time another large crowd had gathered, and the people ran out of food again. Jesus called his disciples and told them, ² 'I feel sorry for these people. They have been here with me for three days, and they have nothing left to eat. ³ If I send them home hungry, they will faint along the way. For some of them have come a long distance.' ⁴ His disciples replied, 'How are we supposed to find enough food to feed them out here in the wilderness?' ⁵ Jesus asked, 'How much bread do you have?' 'Seven loaves,' they replied. ⁶ So Jesus told all the people to sit down on the ground. Then he took the seven loaves, thanked God for them, and broke them into pieces. He gave them to his disciples, who distributed the bread to the crowd. ⁷ A few small fish were found, too, so Jesus also blessed these and told the disciples to distribute them. ⁸ They ate as much as they wanted. Afterward, the disciples picked up seven large baskets of leftover food. ⁹ There were about 4,000 men in the crowd that day, and Jesus sent them home after they had eaten. ¹⁰ Immediately after this, he got into a boat with his disciples and crossed over to the region of Dalmanutha."

1. Real _____.

2. Real _____.

A. _____ from God.

"For everyone has sinned; we all fall short of God's glorious standard."

Romans 3:23 (NLT)

"I am the way, the truth, and the life. No one can come to the Father except through me."

John 14:6 (NLT)

B. In need of Jesus, to fully _____.

"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."

Ephesians 3:16–19 (NIV84)

3. Real _____.

"For my flesh is true food, and my blood is true drink. ⁵⁶ Anyone who eats my flesh and drinks my blood remains in me, and I in him."

John 6:55–56 (NLT)

"Jesus replied, 'I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.'"

John 6:35 (NLT)

4. Real _____.

"But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth."

Acts 1:8 (NLT)

What are you _____ for?