



### ***“Spiritual EKG”***

Mark 6:45-56 ♦ Pastor Jim Lennon  
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***Introduction*** –Today in Mark chapter 6, Jesus turns His attention to His disciples to help them with important issues of the “heart.” The state of our heart is a huge issue in the Scripture.

*(Proverbs 4:23)*

*(Deuteronomy 6:5-6)*

*(Jeremiah 17:9)*

*(Matthew 15:19)*

*(Hebrews 3:12, 8,) (Hebrews 12:3)*

#### ***I. An Obedient Heart.***

- A. Following the miraculous feeding of the 5000, and the excitement it generated, Jesus compels His disciples to leave in a boat for Bethsaida.
  
- B. The text suggests that the disciples did not want to leave, and highlights Jesus’ first heart concern of their obedience to Him.

#### ***II. A Courageous Heart.***

- A. Ironically, obeying Jesus got the disciples in some serious trouble.
  
- B. Jesus sees them struggling and walks out to them on the water, intending to pass by them.

C. Jesus said three things to them that suggest Jesus wanted them to cultivate a courageous heart.

- 1. “Have courage” (Gk: Tharseite)
- 2. “It is I” (Gk: Ego eime)
- 3. “Do not be afraid”

D. What does it mean to “have courage?”

- 1. Courage is the confidence of heart that we have the resources we need.
- 2. The word (tharseite) can also be translated:  
“Be brave” or, “Be of good cheer.”

3. The example of Paul –  
(Philippians 4:11-13)

4. The example of Peter –  
(I Peter 3:14-15a)

E. The disciples go from sheer terror to great astonishment.

#### ***III. A Believing Heart.***

A. The opposite of a hard heart is a believing heart.

B. A picture of the efficacy of faith in Jesus.

C. God’s Word and our circumstances form the basis of Jesus’ curriculum for His disciples.

#### ***Conclusion***