

Sabbatical Journey, Week 1

Jesus commanded “rest”

Read Mark 6:30-32 several times.

³⁰ The apostles gathered together with Jesus; and they reported to Him all that they had done and taught. ³¹ And He said to them, “Come away by yourselves to a secluded place and rest a while.” (For there were many people coming and going, and they did not even have time to eat.) ³² They went away in the boat to a secluded place by themselves.

What stands out to you?

What happened just before this?

What happens after?

Think about the following in your life:

1. Jesus orders His disciples to rest. “Rest” in verse 31 is an imperative verb, a command. This suggests both that it is important, and that it takes intentional effort.

What is the implication for you? How can you be intentional about rest this week?

2. Jesus gave this command after a season of intense ministry (see the end of verse 31 and preceding context).

Do you give yourself freedom to rest after intense spiritual output? Why or Why not? What are the benefits or losses if do or don't?

3. Jesus took the disciples to a secluded place.

Do you think this is an incidental detail or important?

If important, how and why?

Geographic seclusion can be very helpful but not always possible. How can you find places of seclusion in the more ordinary spaces of your life?

How might seclusion help you find rest?

4. What are the things that get in the way of this kind of rest for you? Try to think beyond the obvious.

5. What is the difference between rest and laziness? Are you more prone to underwork or overwork? How does this impact how you approach rest?

6. Make a simple plan to find some rest this week that is intentional and secluded. Just give it a try. Write a few notes about what happened and how it did or did not benefit you.