



Welcome to Week 4, Lesson 2 of Faith and Fit! Jane and I pray that you remain strong in your commitment to the Lord. Let's strive to seek the Lord this week. Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed please sign your initials on the line: _____

Please read Mark 6:30-32 once outloud and again silently:

"Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught. 31 And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat. 32 So they departed to a deserted place in the boat by themselves."

What did the disciples do after they had a busy day?

It is good to talk to Jesus when you have had a busy day. It is also a great idea to talk to Jesus *before* you have a busy day. I have learned to use this technique when I have many tasks and few hours in which to complete them. I ask God to multiple my time, clear away obstacles and provide help.

The Greek word used for *gather* is *synagō*. Do you recognize a familiar English word in the prior Greek term? A synagogue is a place where people of the Jewish faith meet and worship. Jesus is about gathering His people to Himself. He wants us to meet with Him corporately and privately.

How can you make more time to meet with Jesus?

Glance back at verse 30. What two responsibilities did the disciples have?

God wants all of His people to mature to the tasks of good works and discipling others.

What good works are you currently involved with?

How are you using your skills to disciple others?

Please read verse 31 again.

What did Jesus tell His disciple to do after their busy day?

The word *deserted* means a place that is *empty of others*. Some alone time is necessary to maintain a healthy life. When Jesus called the disciples to come away and rest, do you think they still had work to do? Were there still people to heal? Mouths to feed? The answer to these questions is, of course, yes, but Jesus called them to rest anyway.

Why did He call them?

Because they were tired and He knew they needed a break.

When was the last time you went some place quiet to rest or do something by yourself?

The Greek word used for *rest* in verse 31 is *anapauo*. It means *to cause or permit one to cease from any movement or labour in order to recover and collect his strength*. Do you know that part of doing ministry work is resting? There will always be more work, more ministry, more people who need help. Nevertheless, you must take time to rest and relax. If you only *pour out* and never let God *pour in*, you will soon run dry. Jesus says, "Come to Me you who labor and are heavy burdened and I will give you rest."

Your final task for today is to take a nap. So go get unbusy and relax!

Thank you for joining us today. We'll see you next week!

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