

WHO IS THIS MAN?

R & R

Mark 6:30-32 Jeff Schreve

And the apostles gathered together with Jesus; and they reported to Him all that they had done and taught. And He said to them, "Come away by yourselves to a lonely place and rest a while." (For there were many people coming and going, and they did not even have time to eat.) And they went away in the boat to a lonely place by themselves. Mark 6:30-32

How are you doing with rest and relaxation?

1. Serving the Lord is wonderful but taxing.

A. There is great joy in ministry.

B. There is great accountability in ministry.

And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.

Hebrews 4:13

Behold You desire truth in the innermost being. Psalm 51:6

C. There is great need in ministry.

D. If you try to do it all, you will eventually hit the wall.

"You will break the bow if you keep it always bent." Greek Proverb

2. Serving the Lord requires strategic rest and relaxation.

"Remember the sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy." Exodus 20:8-11

A. The Lord commanded rest every seven days.

B. The Lord wants us to experience true rest and refreshment.

C. The Lord knows we won't be effective without refreshment.

*Now Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time." And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; **and he requested for himself that he might die**, and said, "It is enough; now, O LORD, take my life, for I am not better than my fathers." **And he lay down and slept** under a juniper tree; and behold, there was an angel touching him, and he said to him, "**Arise, eat.**" Then he looked and behold, there was at his head a bread cake baked on hot stones, and a jar of water. **So he ate and drank and lay down again.** And the angel of the LORD came again a second time and touched him and said, "**Arise, eat, because the journey is too great for you.**" **So he arose and ate and drank**, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God.*
1 Kings 19:1-8

Are you getting the daily rest you need?

Are you taking a weekly sabbath's rest?

Do you feel guilty if you are not working?

Aren't you glad we serve a God who gently leads us to rest?