

“God’s Balance for My Life”

Based on Mark 6:30-32 (NIV)
Rev. Roger Madden, preaching
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Mark 6:30 - The apostles gathered around Jesus and reported to him all they had done and taught.

† This is the only time that Mark refers to the 12 disciples as “apostles.”

† The word apostle means “one sent”.

† This had been their training mission.

Mark 6:31 - Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

† Doing God’s work is very important and, to do it effectively, I need periodic rest and renewal.

† Rest allows time for reflection, meditation, conversation, reading, and prayer.

† I need to rest or I risk injury to my well-being!

Mark 6:32 - So they went away by themselves in a boat to a solitary place.

† We all need a kind of “hiding” place.

† A place of solitude from the busy-ness of my world.

† If I am too busy, then schedule in resting time!!

† God provides time for me to work and rest.

† God rests (Genesis 2:2) and the Devil doesn’t. Which is currently my role model? _____

Applying Today’s Message to My Life:

† Do I get adequate activity each day? If not, why?

† Do I get adequate rest each day? If not, why?

† Am I more likely to over-work or over-rest?

† What do my actions show who my role model is toward rest, God or the Devil?

† Where is a “hiding” place where I can spend some time this week resting and reflecting?