



MESSAGE NOTES

How can you rest?

Mark 6:31

Loyd Flaherty

1. The Challenge of Finding Rest:

Psalm 127:2 "In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves."

This reminds us about the futility of endless work without rest.

2. Being Creative with Time:

It's not about finding time; it's about making time for rest.

Create innovative ways to make moments of rest all through your day especially if you feel you are too busy to take time to rest.

Remember that Jesus taught balance.

Matthew 12:11-12 He said to them, If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? 12 How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath."

3. Make Rest a Priority:

Mark 6:31-32: "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.' 32 So they went away by themselves in a boat to a solitary place."

The disciples were doing important ministry and yet Jesus encourages them to go to a quiet place and get some rest.

Summary:

Busy schedules often rule our lives if we aren't wise. We can have a lifestyle that honors both our responsibilities and our well-being. Finding time to rest is not a luxury but a necessity. With creative solutions you can make rest a priority.