

A Season of Rest Mark 6:30

Many are slowing down for various reasons. A lot of us choose to slow down the pace during certain seasons, especially summers. Our family life or our schedules are busy with projects and travel. Work stands alone. Remember, Man (males) were cursed to work (Genesis 3:17). However, God also gave us an order to rest (Exodus 20:9, 10). In fact, God noted longer life with “with reason” (Psalms 90:10).

We may ache physically and need the downtime to let our bodies mend. Others of us ache emotionally and need to pull away so our hearts can heal. Some of us are attending to the aid of our love ones, which can be fatiguing. Maybe, the Lord is using us to help provide strength to them during their trial. Life is chalked full of worries, wants, and wearies which take a toll on us. Rests are biblical. When life and ministry took their tolls on His disciples, Jesus told them:

“Come with me by yourselves to a quiet place and get some rest.”

~Mark 6:31b (NIV). Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. ~Mark 6:45 (NIV)

Jesus noted to send the disciples away alone as He knew they needed some down time away from Him. But there is another type of rest we often need. That is rest from trials. As Christians we will see many tribunals as noted by Jesus (Matt 24:9-13). Jesus said my yoke is easy and my burden is light (Matt 11:30).

During these trials God told us to Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God *is* with thee whithersoever thou goest (Joshua 1:9). And just when we are at our wits end, God reminds us ut now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called *thee* by thy name; thou *art* mine.

2When thou passest through the waters, I *will be* with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee (Isaiah 1:2). Hebrews 4:1-11 tells us God has a season of rest for us all.

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