

Scripture: Mark 6:30-31.

Text: Mark 6:31b --"Come away by yourselves to a lonely place and rest a while."

Topic: Rest a While

Proposition: Jesus' teachings and example and human experience show that the physical, mental and spiritual welfare of a person requires times of rest and solitude.

Dates written: February 11, 1972.

Dates and places used:

Feb. 13, 1972 - OAKLAND PARK, FLA.

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Cover page

Work 6.35-7.15

Work 6.35-7.15 - "Some notes"

INTRODUCTION:

1. The wife of an active sportsman claims that she is her husband's FOUL WEATHER FRIEND. "The only time he spends with me," she sighs, "is when rain or other foul weather cancels his golf, his sailing, his tennis, or his sports watching, and the TV is broken."

This wife did not enjoy being alone, away from her husband so much. She did not need all that time away from her husband.

On the other hand, sometimes you and I do need to be alone, away from other people.

2. Jesus needed to be alone sometimes too. So did his disciples. Throughout history most persons at times have needed to be away from others, alone. There are various reasons for our needs for solitude.

3. Our Scripture of today gives words of Jesus by which he called his disciples to take time out from busy lives to rest a while. The disciples needed to rest and be alone for the same reasons that you and I need to be apart from others at times.

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I. PHYSICAL NEED is the most obvious cause to rest and be alone.

1. A medical doctor who was inclined to be critical of other people was watching a stone mason build a fence one day. The physician thought that the workman was breaking too many stones into wrong sizes and shapes for the stone fence into which he was putting them. In a sarcastic tone he said to the mason, "Mortar covers up a good many mistakes, doesn't it?"

"Yes, doctor," said the sweating man, "and so does a spade." After all, many a doctor's mistakes are buried!

The biting remarks of each of these people was based on some real physical evidence. V

You and I know that there is real physical reason for needing to rest and be alone at times.

2. We must rest because our bodies need renewal and relaxation.

In the Scriptural account just today before Mark 6:30-31, which we read today, reports that the disciples had been busy preaching and healing throughout Galilee, and had just returned to Jesus from such activity.

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"Yes, doctor," said the sweating man, "and so does a sinner." After all many a doctor's mistakes are buried!

The biting remarks of each of these people was based on some real physical need. You and I know that there is real physical reason for needing to rest and be alone at times.

We must rest because our bodies need renewal and relaxation. In the Scriptural account yesterday before Mark 6:30-31, which we read today, reports that the disciples had been busy preaching and healing throughout Galilee, and had just returned to leave from such activity.

They told him "all that they had done and taught," we read. Jesus then gave them a prescription to meet their need: to go to a quiet place and rest. They needed this in order to regain strength to return again to their activities as disciples and apostles. To rest they needed to be away from the push of a milling crowd. The

The fact that it was Jesus who so advised such withdrawal and rest indicates to me, and I hope to you, that it is a religious duty to take good care of the strength and our health of our bodies.

3. When we fail to take good care of our bodies so that they may be at their strongest and best we prevent ourselves and God from making best usage of the best instruments for our work and Gods that we have: our bodies.

It may be hard to think of good health practices as religious practices, but they are.

Sin has been defined as choosing to do something which you believe to be wrong in your own sight and in God's. When you "commit sin" you do something you believe is wrong and harmful.

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To neglect or abuse your body so that it can't function at its best for yourself, for others, and for God is definitiely to choose wrong, to committsin. To take good care of your body is a practical and a religious duty.

4. When your body is tired and aching, it may be possible to rest and relax when in a crowd or with others, but most of us rest better when in a quiet place and alone. We recognize that when people are ill and we try to protect them from others as they need rest and relaxation in order to recover.

II. Another reason why you and I need rest is to conserve and rebuild our MENTAL strength and composure.

1. In some educational circles in recent years, and particularly in church education, there has been a trend away from the lecture by one teacher or professor to the group sharing method. This is based on a concept that within most groups there is enought knowledge to arrive at the solutions that may be needed, and discussion will bring out that knowledge and the right solutions.

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In spite of the praise given some "think tanks," have you ever heard of significant additions to mankind's thought and knowledge coming from group efforts? Perhaps you have, but I believe that the greatest additions to truth and knowledge have come from the efforts of individuals working alone. They later share their findings with others who are interested in the field of study or thought.

I think that one reason our Sunday Schools and church groups are poorly attended and losing popularity is that too many of us fail to prepare for them by doing any serious study and preparation alone and on our own, separately, as individuals.

In the educational process the person who does his homework on his own is the one who learns the most, who makes the best grades, who can grasp subsequent more advanced knowledge the easiest.

We need the time and the effort of grappling with ideas and work each in his own way, alone, if you or I are to make much of a contribution to others through our small group or to a larger society.

The group or its leader may point you toward interesting and profitable study, but the necessary personal effort is a lonesome thing!

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3. Sometimes you or I just need to stop thinking! That isn't too hard for some of us, but it actually is hard for some people! Did you ever go to bed, or try to rest in some other way, only to toss and turn and be unable to rest because the thoughts and events to which you have recently been exposed just won't go away?

You need some way of leaving behind the thoughts and worries for a while if you are to rest and regain strength of mind.

When rest does come sometimes it is in the very moments of resting that the answer to a problem comes. You've probably had that experience. We express it sometimes by saying "I ought to go home and sleep on it." Relaxing the mind in sleep somehow can bring the brain to focus more sharply on important things. Even if it doesn't, restful sleep enable you to deal better with mental stress and challenges after the snooze.

4. An elderly man had trouble with his hearing but didn't have the money to buy a good hearing aid. He missed knowing what people were saying so he gave a great deal of thought to the problem. Finally, he got a

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piece of wire ~~isuchas~~ is used on small earphones and wrapped it around his ear. A friend who saw it asked him, "Do you hear better now that you have that hearing aid?? He told his friend it wasn't really a hearing aid, but just wire that looked like one. "But it helps," he said, " because everybody realizes I' deaf and they talk louder!" His appearance caused people to respond as they usually do to deaf people, by talking louder. The solution to this man's problem came in a time when he was alone.

We need to take time to rest, to think a lone. Jesus took time off for rest, thought, meditation, and prayer. He told his disciples to do so too, and they did. Shouldn't we?

III. A third benefit of rest is that it aids in our spiritual development.

1. The last words of our Scripture are: "For many were coming and going, and they had no leisure even to eat." That's about the way we often are today. We live in hurrying crowds. We race the clock.

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is that in some cities the fastest way to get around turns out to be to go on foot! If you don't believe that try to get around in downtown New York City on a busy day!

Sometimes we seem to be living with so many people that it is like living in a large and busy airport terminal. It is difficult to rest and to think in such surroundings. We need to withdraw and rest a while, to think about ourselves, our goals, our God.

2. The great risk of life involved in constant coming and going is that you may fail to arrive at true self-consciousness, at personal identity, at a conscious relationship with God.

3. There is a story about a man who vanished into thin air the minute everyone else left the room. He was no one without others. The writer Charles Lamb complained that he was never just Charles Lamb, but always "Charles Lamb and Company." Each of us needs to be himself only at times, to know that he is somebody and not just part of a group.

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4. The words of Jesus, "Come away

Mark 6:30-31

by yourselves" are an invitation in our day just as they were long ago when he first spoke to them.

It was said once about a famous man that "he walks as though he had an appointment with himself and might be late for it." It is important that you make an appointment with yourself. You have to do that first if you are to have an appointment with God. When you have met yourself headon in the light God gives you can know that you are worthwhile, genuine, secure in God's love and therefore secure everywhere. ~~as~~ Whatever happens, you can cope, provided you know yourself.

Conclusion:

1. "Come away by yourselves to a lonely place and rest a while." Those words of Jesus to his apostles many years ago are also an invitation to you

2. You do need some time alone for rest, in order to regain your physical strength, to regroup mentally and to develop spiritually. Jesus taught and demonstrated this several times in his life and ministry. Do you need to rest a while less than he? I don't think so.

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3. "Rest a While!" Not just to escape what you cannot bear, but to prepare to be stronger in body, mind and spirit. You will be a better family member, a better neighbor and a better Christian.

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