

CHILL OUT:  
H - Hit the Brakes!

Mark 6:31

“And He said to them, ‘Come away by yourselves to a secluded place and rest a while.’ (For there were many *people* coming and going, and they did not even have time to eat.)”

Our next stop on our CHILL OUT journey is “H”. This one is totally counter-culture. Busy is the standard today. Running here and there, barely stopping to eat, must less relax, we rush from activity to activity, responsibility to responsibility, amusement to amusement. We just don’t stop. In the process of this break-neck pace, we normalize busy. All they know is dashing here and there. All they know is exhaustion. All they know is hectic.

So what if we stopped? What if we took a break, slowed down, and relaxed. What if we didn’t have an activity every night of the week? What if we didn’t have every moment scheduled? What if we had less screen time and more face-to-face time? What if we unplugged and instead connected with our friends and family in real live conversations? What if we traded in our restlessness and He became our rest?

That’s what hitting the brakes is all about—pulling back. Our ability to rest instead of run is directly related to our understanding of Him. Hang with me here. We run and run and run to try to keep up with an ever speeding and changing standard. We commit to a myriad of responsibilities and activities. We chase after doing enough, learning enough, involving enough, leading enough, preparing enough. But this is not God’s pace for His people, this is the world’s.

Our over commitment resulting in overwhelming exhaustion is a reflecting our what we believe about Him. We miss the importance of resting in Him. We overlook it’s refreshing and refocusing powers. We ignore that He is enough. We chase after the wind. We try to do, do, do in an effort to be our own enough. The world says we can be, should be our own enough. But it’s a lie. We can’t. We need Him and the rest from the chaos only He can provide.

Are you tired? I don’t mean the good tired from spending your time serving your family and friends in the strength God provides. I mean are you weary from trying to do it all yourself without God? There is a huge difference. Your body, mind, and spirit know the difference. Let’s look and see.

Our verse this time is from Mark. Mark was not an eyewitness to the events of Christ. He learned them from Peter who verbalized them to Mark who wrote it all down. One of the unique characteristics of his writing is his use of the word ‘immediately.’ But that is a study for another day. This passage is taken from the passage right after the twelve had been sent out in His name, right after John the

Baptist was beheaded and right before the feeding of the 5000. They had just participated in the ministry with Him. They had just received word that His cousin had been killed. They were about to see Him feed 5000 and walk on water. This was prep-time. They weren't in a desperate place, but they were tired and needed to refuel for the days ahead. He knew.

On a scale of 1-10 how would you rate your weariness?

Take a moment to list the things which are contributing to your exhaustion. Be specific.

Mark the ones which are in your control. What I mean is responsibilities which you agreed to or volunteered to do.

In this passage there are three things that Jesus did/does. The last one is a promise.

He knew  
He invited  
He promised

What people, responsibilities, stresses, interruptions that are exhausting you?

What does Jesus invite you to? How does He invite you to come? Who does He want you to 'come away with'?

Is His invitation tempting?

Read Matthew 11:28-30. These two passages are similar. How? What are the additional instructions in the Matthew verses? How might a yoke bring rest? Jesus says that we should 'learn from' Him. Can you site some passages that tell He rested?

So, if the invitation is to come away with Jesus alone, what would that look like for you? What would you have to leave behind to be alone with Jesus?

Why do you think that He insists we are alone?

During this time alone with Him it would be appropriate for us to engage in the following activities. How would each of them bring rest?

Listen for His voice

Praise Him

Pray

Seek Him in His word

This coming away need not involve days or plane tickets. It can actually happen in and around your home. Taking time to intentionally get away alone with Jesus means that we plan. Here are some ways you can come away with Him. All of these ideas should be done without any technology. The buzz in the pocket or the anticipation thereof can take way from the rest. Enlist the help of your husband or a friend. We should be encouraging each other to take time to be alone with Jesus. Come up with your own ideas.

A walk around your neighborhood.

Light a candle and relax while the children nap

Hike through the woods

Early morning praise and worship

Bubble bath relaxing and rejuvenating

A stroll under the stars at night

Peddle on your bike with the breeze in your hair-this is my favorite!

Sit on the beach and listen to the tide