

Got Rest?  
Mark 6:30-32

1. The **need** for rest!
  - A. Illustrated by the **Sabbath**
    - “By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all of his work. And God blessed the seventh day and made it holy because on it he rested from all the work of creating that he had done.” Gen. 2:2-3
  - B. Illustrated by **Jewish** holidays
    1. **Old Testament** Feasts: Unleavened bread (2), Harvest (1), Trumpets (1), Tabernacles (2), Day of atonement (1), required trips to Jerusalem, seven-day feasts = **70 days** of **rest** in addition to the weekly Sabbaths!
    - “For everything that was written in the past was written to teach us...” Romans 15:4a
2. How can we find **true** rest?
  - “...**come away with me** by yourselves to a **quiet place** and get some rest.” Mark 6:31b
  - A. True rest is only found in God’s **presence**.
  - B. True rest happens by **yourself**.
  - C. True rest happens in a **quiet** place.
3. Practical suggests for ways to find *true rest*...
  - A. You need to be **intentional**.
  - B. You need to find a **time** that works for you.
  - C. You need to find a (private) **place**.
    - “Very **early in the morning**, while it was still dark, Jesus got up, left the house and went off to a **solitary place**, where he prayed.” Mark 1:35
  - C. It is OK to say “**no**.”
  - D. Start **simple**
4. Bottom Line: “Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28
5. Resources:
  - A. *An Ordinary Day with Jesus*, by John Ortberg
  - B. *Sacred Rhythms: Arranging our lives for Spiritual Transformation*, by Ruth Haley Barton
  - C. *The Bible*, by God, co-authored by Jesus, and inspired by the Holy Spirit☺.



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