

LIKE JESUS
Work Hard, Rest Harder—Prayer and Daily Routines
First Christian Church—July 25, 2021
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GOD's Story—Work Hard, Rest Harder--Mark 6:30-46

Jesus prioritized rest and solitude, so should we. v. 30-32

- After faithful ministry, Jesus takes disciples to rest
- Jesus models healthy spiritual/physical boundaries for us (Lk. 5:16)

Being attached to the vine blesses others. v. 33-44

- Solitude *delayed*, not cancelled
- Jesus empowers disciples to serve (v. 37, 41)

Rest and prayer are critical to our personal health and spiritual well-being. v. 45-46

- Jesus *immediately* goes to be with the father
- How we rest matters
- Three keys to effective solitary time
 - See God's story as a whole, not just individually (Gen 1.)
 - Engage with scripture through personal brokenness (Ps. 14:2-3)
 - Practice diversity in prayer (Mat. 6: 9-13)
 - Reverence for God
 - Needs/praises—personally and for others
 - Reveal personal blind spots/repentance
 - Stillness in the presence of God

Big Idea:

Through daily rest, solitude, and prayer, God empowers us to serve others and cares for us personally. These practices are not only important, they are critical to our spiritual growth and maturity.