

A man with short brown hair, wearing a light blue long-sleeved shirt and dark pants, is sitting cross-legged on a large, dark rock. He is looking off to the right, towards a vast, sunlit valley filled with green trees and rolling hills. The lighting is warm and golden, suggesting late afternoon or early morning. The background is slightly blurred, emphasizing the man in the foreground.

Rest for Life
Mark 6:30-32

Necessity of Rest -The Lord and Jesus Set the Example

- **Genesis 2:1-3** - Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.
- **Matthew 11:28-30** - ²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

God Provides Rest

- **Isaiah 14:7** - The whole earth is at rest and quiet; they break forth into singing.
- **Isaiah 40:28-31** - Have you not known? Have you not heard?
The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Rest For the Weary

- **Mark 6:30-32** - ³⁰ The apostles returned to Jesus and told him all that they had done and taught. ³¹ And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. ³² And they went away in the boat to a desolate place by themselves.

Jesus Sends out the Twelve

- **Mark 6:7-13** - ⁷ And he called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. ⁸ He charged them to take nothing for their journey except a staff—no bread, no bag, no money in their belts— ⁹ but to wear sandals and not put on two tunics. ¹⁰ And he said to them, “Whenever you enter a house, stay there until you depart from there. ¹¹ And if any place will not receive you and they will not listen to you, when you leave, shake off the dust that is on your feet as a testimony against them.” ¹² So they went out and proclaimed that people should repent. ¹³ And they cast out many demons and anointed with oil many who were sick and healed them.

4 Keys to Rest and Rejuvenation

1. *Get Away*
2. *Let Go*
3. *Focus on Jesus*
4. *Strengthen Relationships*

Get Away

- **Luke 6:12** - In these days he went out to the mountain to pray, and all night he continued in prayer to God.
- **Matthew 14:23** - ²³ And after he had dismissed the crowds, he went up on the mountain by himself to pray.
- **Mark 6:31** - ³¹ And he said to them, “Come away by yourselves to a desolate place and rest a while.”

Let Go

- **Isaiah 43:18-19:**

¹⁸ “Remember not the former things,
nor consider the things of old.

¹⁹ Behold, I am doing a new thing;
now it springs forth, do you not perceive it?
I will make a way in the wilderness
and rivers in the desert.

Let Go

- **Psalm 46:10** - “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”
- **Isaiah 41:10** - Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Focus on Jesus

- **Hebrews 13:8** - ⁸ Jesus Christ is the same yesterday and today and forever.
- **Hebrews 12:2** - ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.
- **Colossians 3:2-3** - ² Set your minds on things that are above, not on things that are on earth. ³ For you have died, and your life is hidden with Christ in God.



K
E E P
Y O U R
E Y E S
F O C U S E D O N

J E S U S

Strengthen Relationships

- **Proverbs 27:17** - Iron sharpens iron, and one man sharpens another.
- **1 Thessalonians 5:11** - Therefore encourage one another and build one another up, just as you are doing.

Always Ready to Help

- **Mark 6:32-34** - ³² And they went away in the boat to a desolate place by themselves. ³³ Now many saw them going and recognized them, and they ran there on foot from all the towns and got there ahead of them. ³⁴ When he went ashore he saw a great crowd, and he had compassion on them, because they were like sheep without a shepherd. And he began to teach them many things.

Always Ready to Help

- **Mark 6:41-42** - ⁴¹ And taking the five loaves and the two fish, he looked up to heaven and said a blessing and broke the loaves and gave them to the disciples to set before the people. And he divided the two fish among them all. ⁴² And they all ate and were satisfied.

Christ can make the rest of your days
Be the best of your days
If He is the Rest of your days