



“Sit Down & Rest a Spell”

Mark 6:30-34

INTRODUCTION: *The background of the phrase ‘rest a spell’...*

I. **BUSY-NESS: THE DISEASE OF OUR TIME**

- A. A “badge of honor” or a symptom of a problem?
- B. Let’s look at the apostles in Mark 6
- C. Jesus invited them: *come with me to a quiet place*
- D. Once there He gave them rest compassion & teaching
- E. Could you use the same things today?

II. **BUSY WITH SO MANY THINGS, BUT WHAT IS NECESSARY?**

- A. What is that “one thing needed”?
- B. Let’s look at sisters Mary & Martha (Luke 10)
- C. Mary *sat at Jesus’ feet* (vv. 38-39)
- D. Martha was “too busy” (v. 40)
- E. What about you today?

III. **WITH JESUS IN THAT ‘QUIET PLACE’, WE DISCOVER THAT ONE THING NEEDED**

- A. It is the one thing Jesus gave to His apostles (Mark 6)
- B. It is the one thing Mary had that Martha missed (Luke 10)
- C. It is the one thing you cannot do without
- D. It is the only thing that can take you from the terrible ‘busy-ness’ of this short life to the timeless glory of eternity
- E. What is it? (Luke 10:42; Mark 6:34)

CONCLUSION: Blind hymn writer Fanny Crosby: *holy blindness helps us see what is really important...*

– 1 –

**Being in God’s presence
gives us rest.**

– 3 –

**God’s rest
means the burden of our
sin is taken away.**

– 2 –

**God’s rest
brings peace from our
enemy, the devil.**

– 4 –

**God’s rest
is finally that eternal
rest in heaven.**