

Put Up Your Feet & Rest

(Mark 6:30-34)

INTRODUCTION: *The old saying “put up your feet & rest a spell”*

I. BUSY-NESS: THE DISEASE OF OUR TIME

- A. A “badge of honour” or a symptom of a problem?
- B. Let’s look at the apostles in Mark 6:30-34
- C. Jesus invited them: *come with me to a quiet place*
- D. Could you use the same things today?

II. SO BUSY . . . BUT WHAT IS NECESSARY?

- A. What is that “one thing needed”? (Luke 10:38-42)
- B. Mary *sat at Jesus’ feet* (vv. 38-39)
- C. Martha was “too busy” (v. 40)
- D. 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 & Martha missed (Luke 10)
- C. It is the one thing you cannot do without
- D. What is it? **It is true rest --** (Luke 10:42; Mark 6:34)
 - 1. Being in God’s presence gives us rest**
 - 2. God’s rest shuts the mouth of the lying devil**
 - 3. God’s rest means sin’s burden is taken away**
 - 4. God’s rest is finally that eternal rest in heaven**

CONCLUSION: Blind hymn writer Fanny Crosby:

holy blindness helps us see what is really important