

Weekly Scripture and Sermon Study: History & Context Guide  
Mark 6:30-32

History, Culture, & Context

In this section of Mark, the apostles returned from a mission of teaching a preaching.

Verse 31 says “Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’ So, they went away by themselves in a boat to a solitary place.”



Here, Jesus is suggesting that the apostles take a spiritual retreat from the world in order to get rest and continue with their mission. It is interesting to note that Mark records five separate instances in which Jesus takes His disciples aside to a place of peace and quiet to distance themselves from the large crowds that frequently followed them. These stories are:

- Mark 3:7-9- where Jesus takes His disciples away from the crowds to a remote lake.
- Mark 6:31- where Jesus takes the disciples to a remote area by boat.
- Mark 6:45-Jesus dismisses the crowd and sends the disciples away in a boat while He goes up to a mountainside to pray.
- Mark 7:24- Jesus secretly slips from the vicinity of Tyre and quietly enters a home there.
- Mark 9:30- after healing a boy with an evil spirit, Jesus and the disciples left without anyone else knowing so that He could teach them without any interference.

Questions to Consider

1. What does this passage teach us about rest and renewal?
2. In verse 31, Jesus says, “...come with me by yourselves to a quiet place and get some rest.” What does being in a “quiet place” look like for us when we seek rest?
3. What is spiritual rest, and in what ways is it different from getting physical rest?