

BUMC Weekly Bible and Sermon Study

Sermon: “Sabbath” from the “Rest for the Stressed” sermon series

Scripture: Mark 6:30-32

Key take-aways from the Scripture

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

Key take-aways from the Sermon

- In today's Scripture, we read about the return of the disciples from their very first mission. They had spent all of their time with Jesus up until this point and then they were sent out on their own to teach and preach.
 - When they returned, there was a mix of exhilaration and exhaustion.
- When they returned, Jesus senses that they need a break. They were tired and needed some solitude.
- Jesus wasn't feeling in "top form" either...He had just lost His cousin, John the Baptist, and Jesus must have been heart broken.
- Jesus tells the returning disciples, "Let's go off by ourselves to a quiet place and rest a while."
- Here we witness a living example of "rest for the restless".
- A word that comes to mind is *retreat*. This does not mean to "surrender" but to regroup, going away and rejuvenating so that you can continue your mission.
- Jesus is offering the disciples a Sabbath or a time apart.
- We live in a culture that values hard work above all else. Think back to the idea of the "Protestant work ethic". This idea, which is influenced from John Calvin's idea of "predestination" asserts that those who are "saved" are the ones who had worked the hardest in this life. Working out our own salvation!
- Our culture has pushed us to decrease the time we spend on vacations to spend time working more. We must reconsider the notion that we are what we do!
- Our faith tells us that we are more than what we do. Our worth is granted to us by God at birth and we do not need to do anything to have this.
- The universe was not complete until God sanctioned the Sabbath!
- There were (3) things that separated the Jewish people from the rest of the world: (1) dietary laws; (2) circumcision; and (3) Sabbath.
- As Sabbath is about time, not so much about the length of time and *quality* time.
- How can we begin to incorporate this rest into our lives? Start small!
- Jesus saw the need of His twelve friends...they were beat and needed a break. So did He. It was the gift of Sabbath from Him to them. They needed this gift for their well-being and so do we.
- Taking a Sabbath is not a luxury...it is a necessity!

Questions for Personal Reflection or Group Discussion

- What were your key take-aways from the sermon? How can you apply this to your everyday life?
- What does this passage teach us about rest and renewal?
- 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?
- What is spiritual rest, and in what ways is it different from getting physical rest?
- In what ways can you incorporate a “Sabbath” into your life?

