

**When You Just Need to Be Alone**

1. **Be Alone with Jesus**
2. **So That You Can Help Others Be Alone with Jesus**

*When You Just Need to Be Alone*

- Let ask: ever get so stressed out, irritated, worn down, that throw hands up, I just need be alone? Ever happen you? I'll admit: times when I feel overwhelmed with work; calls, text msgs, emails keep flooding in; I get so stressed out by demands of life that I say, "I just need be alone!" Ever feel that way? I think we all do. I think we all get stressed out, irritated, emot worn down: from jobs, people work with, deadlines need meet, family oblg's need meet, kids (Moms, get tired of hearing "Mom!"?). Then we have unexpected catas'ts that plo'p into lives out nowhere. All these things can burn you out, run you down, make say, "I just need be alone."
- Think that's how disc felt in gospel for today. Been working really hard. Remem last wk: Jesus sent out on vicar yr asgmt to preach gospel. Now get back; vs. 30. Just wanted spend time alone w/ Jesus. But what happens? Vs. 31a. Like: "Leave us alone!" So Jesus has this idea: vs. 31b-33. Like if on family vaca; when arrive hotel, your boss from work is waiting for you in lobby with jobs for you to do. "Come on, man! Leave us alone!" What discs thinking: "Come on, people; leave us alone!"
- But is that how Jesus felt re crowds people tracking him down? Vs. 34 – which teaches us something very imp re God's gift of rest and God's gift of work. When you feel stressed out, emot worn down; when you just need to be alone: be alone w/ Jesus, so can help others alone Jesus.

*Be Alone with Jesus*

- **Vs. 31b.** Jesus understands our need for rest. Knew discs needed rest. Not only had they just returned from this exhausting preaching tour (where some believed message, but others rejected), they also had just found out some disturbing news. In between last Sun's gospel and today's (mid Mk 6), we find out: Herod killed JB. This was their close friend, Jesus' cousin, voice calling in wilderness, "Prepare way Lord." Herod put him death. You know: if have friend that dies, and you're already emot exhausted, you prob feel like just need some time to be alone.
- Jesus understood that. Why said, vs. 31b – spiritual rest, time alone w/ Jesus, for prayer, worship, Scripture, quiet time w/ God.
- And when stress/trauma invade our lives, we need very same thing – spiritual rest! Need spend time in prayer, worship, Scripture, quiet time w/ God. Need be alone w/ Jesus!
- Sang Ps 23 today. **"Lord Shepherd; not want. Makes lie down green pastures; leads beside quiet waters; refreshes soul."** Jesus: **"Come to me...rest" (Mt 11:28);** and, **"Peace leave with you; my peace give you. Not give as world. Not let hearts troubled, afraid" (Jn 14:27).** Peace/rest. When you're alone w/ Jesus, you find peace/rest – bec: Jesus loves you, cares re you; knows your joys and fears, knows what going through; hears your prayers, guides your life. Gave up his life for you; now promises eternal life for you in heaven. That's the peace/rest you find when alone w/ Jesus. Discs needed be alone w/ Jesus. When you feel like just need be alone (bec stressed out, run down), be alone w/ Jesus – in prayer, worship, Scripture, quiet time with God. Be alone w/ Jesus.

*So That You Can Help Others Be Alone with Jesus*

- And, be alone w/ Jesus, so you can help others be alone w/ Jesus – bec here's thing re rest: God gives us gift of rest in order recharge us for gift of work. And work he calls us do: to share gospel (not just keep to selves, but share it) so others can find peace/rest and be alone w/ Jesus, as well. And so: we rest *from* our work, and we rest *for* our work.
- Was lot work to be done in this gospel. Remember: so many people begging for Jesus **"that they did not even have a chance to eat."** And needed him so badly that when Jesus got in boat to leave, they

raced around lake on foot to meet on other side. And huge crowd! Next Sunday in church we'll hear re Jesus feeding 5000. Those people that Jesus will feed are same ones here following him around lake! So lot people needed Jesus. And does Jesus turn them away? **Vs. 34**. Got to work, bec Jesus loves people; and knows people need him. Sheep need their Shepherd. And Jesus is compassionate. Word here for compassion means that the deepest part of your heart aches when see people in need. Jesus' heart ached for these thousands people that needed spiritual rest, needed be alone w/ Jesus.

- When you feel like just need be alone, first be alone w/ Jesus (find rest for soul), so that next you can go out and help others be alone w/ Jesus (find rest for their souls). See: we first take gospel to our heart; then take gospel to other hearts. That's the urgent work Christ has called us to do. **Vs. 34bc**. And if we, as followers of Jesus, are to follow in footsteps, must love people (as Christ loves people), have compassion on them, work to bring them gospel – so they can find peace/rest, be alone w/ Jesus.

### *The Rhythm of Kingdom Work and Spiritual Rest*

- So what all this means for us today really is two things:
- 1) There's a time for us to rest – not just take nap or vaca from stressful job, but find spiritual rest by being alone w/ Jesus: in his word, worship, prayer. And purpose of this rest: to recharge us for...
- 2) There's a time for us to work – not just our day job, but work of Lord, work of sharing gospel with sheep who need their Shepherd. The passage that comes mind, **Jn 9:4** – “**As long as it is day, we must do the work of him who sent me. Night is coming, when no one can work**” (NIV84).
- So as Xians we want to get into this rhythm of kingdom work, then spiritual rest; repeat. Our Savior refreshes us, so that we can serve him by serving others. Today, please ponder how you can prioritize your life into this rhythm of kingdom work and spiritual rest, so that when life stresses you out and wears you down, when you feel like you just need to be alone, you can first be alone with Jesus, so that you can then help others be alone with Jesus.

### **Mark 6:30-34**

<sup>30</sup> The apostles gathered around Jesus and reported to him all they had done and taught. <sup>31</sup> 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.”

<sup>32</sup> So they went away by themselves in a boat to a solitary place. <sup>33</sup> But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. <sup>34</sup> When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.