

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

- Ever felt so stressed out, so overwrkd, worn dwn, frstrtd, irritatd, tired, that thrw hnds up, "I just need be alone?" Ever been so physcy/emtnly exhstd, that just need be by self? I've felt that way before. Times when I've been so ovrwhlmd w/wrk; when calls keep coming in; when txts nvr seem stop, emails flooding in; and I get so strssd out by demnds/life: "I just need be alone!" I think we all feel that way time/time; stressd out & worn dwn by jobs, ppl wrk with, deadlines need meet, fam oblgts need meet. We love our kids; but moms, get tired hearing "Mom!?" On top all that, smtms we have unexpctd catasts that plopp into lives out nowhere: big expns, hurtful wrds spkn to you, sudden dth/frnd. All these things can burn you out, run you down, make say, "I just need be alone."
- I think that's how discs felt in Gos for today. Been wrkng really hrd. Earlier in ch, J had sent them out to share Gos all by thmslvs, w/o him; 1st prchnng tour. Now get back; and vs. 30 – just wantd spnd time alone w/J. But what haps? Vs. 31a. Discs prob: "Leave us alone!" So J has this idea: vs. 31b-33. Like if on fam vaca (or camp); when arrive hotel, boss/work waiting for you in lobby w/jobs for you do. "Come on, man! Leave us alone!" Prob how discs feeling: "Come on, ppl; leave us alone!"
- But is that how J felt re crowds/ppl tracking him dwn? No: vs. 34 – which, I think, tchs us smthng very imp re God's gift/rest & God's gift/wrk. There's a balance; and both are imp; and both have purpose. When you feel stressd out, emot worn dwn; TITLE.

Be Alone with Jesus

- Vs. 31b. J undrstnds our need for rest. J knew his discs needed rest. Not only just retrnd fr this exciting but exhstng prchnng tour (some belvd msg, others rejctd); but they'd also just found out some disturbing news. In mid Mk 6, we find out: Herod put JB to dth; beheaded him. This: their close frnd, J's cousin, voice calling in wildrns, "Prepare way Lord." Herod killed him! So you can imagine: if your frnd killed, and you're already emtnly exhaustd, you prob feel like just need some time to be alone.
- J undrstd that. Why said, vs. 31b – sprtl rest, time alone w/J, for pryr, Word, wrshp, quiet time w/God. And when stress/trauma invade our lives, we need very same thing – sprtl rest! Need spend time in pryr, Word, wrshp, quiet time w/God. Need be alone w/J!
- Today we sang Ps 23. "Lord: Shphrd; not want. Makes lie dwn grn pstrs; leads beside quiet wtrs; refrshs soul." J: "Come to me...rest" (Mt 11:28); and, "Peace leave w/you; my peace give you. I do not give as wrld. Not let hrts trbld, afraid" (Jn 14:27). Peace. Rest. When you're alone w/J, you find peace/rest – bec: J loves/cares re you; knows joys/fears; knows what going thru; hears prayers & guides life. Gave up life for you & proms etrnal life for you in hvn. That: peace/rest you find when alone w/J.
- Discs needed be alone w/J; they'd been thru lot. When you feel like just need be alone (bec stressed out, run down), be alone w/J – in pryr, Word, wrshp, quiet time w/God. Be alone w/J.

So That You Can Help Others Be Alone with Jesus

- And, be alone w/J so can help others be alone w/J. Here's thing re rest: God gives us gift/rest in order rechrg us for gift/wrk. And wrk he calls us do: share Gos (not just keep to selves, but share w/others) so they can find peace/rest & be alone w/J, as well. And so really, we rest: *from* our wrk, and *for* our wrk.
- Was lot wrk be done in this psg. Remem: so many ppl begging for J: "they did not even have chance eat." And needed him so badly: when J got in boat to leave, they raced arnd lake on foot to meet on other side. And huge crowd! Immdtly following this psg [next Sun in ch], we hear re J feeding 5k fams. Those ppl J feeds are same ones here, following him arnd lake. That's lot ppl that need J! And does J turn them away? Vs. 34. J got to wrk, bec J loves ppl; and J knows ppl need him. Shp need Shphrd. And

J is compassionate. Word here for compssn means: deepest part/hrt aches when you see ppl in need. J's hrt ached for these thsnds/ppl that needed him; needed sprtl rest fr him; needed be alone w/J.

- When you feel like just need be alone, 1st, be alone w/J (find rest for soul), so that, next, you can go out & help others be alone w/J (find rest for their souls). See: we first bring Gos into our hrt; then take Gos to hrts/others. That: urgent work Xp has called us to do. **Vs. 34bc**. And if we, as follwrs/J, are to follow in his footsteps: we must love ppl as Xp loves ppl, and have compassion on them, and work to bring them Gos – so that they can find peace/rest, be alone w/J.

The Rhythm of Kingdom Work and Spiritual Rest

- So what all this means for us today really is 2 things:
- 1) There's a time for us to rest – I don't mean just take nap when tired or vaca fr stressful job. Mean: find sprtl rest by being alone w/J: in Word, wrshp, pryr. And purpose/rest: recharge/refresh us, bec...
- 2) There's a time for us to work – not just our day job or projects/house, but do wrk/Lord, wrk/sharing Gos w/shp who need Shphrd. The psg 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 kngdm wrk, then sprtl rest; repeat. Our Sav refreshes us, so that we can serve him by serving others. Today, please ponder how you can prioritize your life into this rhythm of kngdm wrk & sprtl rest – so that when life stresses you out & wears down; when you feel like just need be alone, you can 1st be alone w/J, so: then help others be alone w/J.

Mark 6:30-34

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

³² So they went away by themselves in a boat to a solitary place. ³³ But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. ³⁴ 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.