

LEMONADE

Come Apart, Before You...Come Apart, Mark 6:30-32

Work

Mark 6:30 (KJV) ³⁰ And the apostles gathered themselves together unto Jesus, and told him all things, both what they had done, and what they had taught.

- The *apostles* were returning home to report to Jesus what they had done and taught
- They were reporting on the ministry work they had done; they were *accountable* to Jesus
- Wherever we work and whatever work we do, it's all for the Lord
Colossians 3:23-24 (KJV) 23 And whatsoever ye do, do it heartily, as to the Lord, and not unto men; 24 Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.
- Jesus knew the value and benefit of hard work better than anyone
John 9:4 (KJV) 4 I must work the works of him that sent me, while it is day: the night cometh, when no man can work.

Come Apart and Rest Awhile

³¹ And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. ³² And they departed into a desert place by ship privately.

- Jesus also knew that as important as work is, rest is vital, too
- The only way we can truly be *effective* in our work is to take time to rest
- The demands of ministry for the apostles had gotten to the point where they were *so busy* they didn't even have time to eat!
- How many times have we kept doing "good and needful" things at the *expense* of our physical, emotional and spiritual health?
- Jesus said to the apostles, "*Come ye yourselves apart into a desert place, and rest a while*"
- Jesus had to *tell* His apostles to rest; they didn't rest on their own, Jesus had to *make* them rest **Psalm 23:2 (KJV) "He maketh me to lie down in green pastures..."**
- Jesus, The Good Shepherd knows we *need* rest
- Jesus is describing the *rhythm* of the Christian life; work *and* rest
- Jesus said "Come apart and rest awhile" because *He recognized* in the apostles the need for rest
- Jesus *modeled* for us what we must do
- We must take time to rest for both physical *and* spiritual reasons
- The apostles have been working *for* Jesus, carrying out His mission and it has drained them

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- We can be doing what Jesus “assigned” us to do as believers, spouses, parents, single adults, students, employees, etc. and still need to rest
- Jesus said four important things when He told the apostles to rest
 1. *Come apart* – separate, disengage, disconnect from things you’re doing
 - There’s an old saying that is true, we must *come apart* or we’ll “come apart”
 - The demands of work, ministry and life can make us unravel, fall apart at the seams
 - There are physical illnesses and emotional problems that are directly related to the lack of *physical rest*
 - We can also “come apart” when we don’t take the time for *spiritual rest and recharge* in the presence of God
 2. *Ye yourselves* – you must disengage, disconnect, stop *personally*
 - Jesus is talking to all of us as *individuals*
 - Jesus is telling us to *disconnect and unplug* for awhile
 - We live in a digitally connected world for our work and personally
 - We need a *rest* from emails, TV, and social media especially with all that’s going on the world
 - When we don’t rest, we are not at our best
 - Our emotions and feelings may cause us to say or do things we shouldn’t say or do
 3. *Into a desert place* – go to a private, secluded, quiet place
 - Jesus wanted the apostles to have a quiet place to get alone with God
 - On Sundays, we must “come apart” for a weekly Sabbath rest and worship, but we also must “come apart” daily to be in the presence of God
 4. *And rest a while* – take the time to rest
 - I think the word “and” is important here, don’t just take “time off”, but really *rest*
 - God wants our “resting awhile” to be *intentional, on purpose and scheduled*
 - **Do you have a time *and* a place where you can rest in the presence of God?**
 - Your need for rest is important *to God*, but it must be important *to you*, too

The Dangers of Too Much...

The Danger of Too Much Activity

- No one can continue to work without rest

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- Many times, the trouble that that we face in life is because God had no *private time* with us
- God had something to say, but we refused to be still and listen, **Psalm 46:10 (KJV) Be still, and know that I am God...**
- When there's nothing but activity and busyness in our lives and not rest, we are at risk of *coming apart*
- "Coming apart" can manifest itself through:
 - Stress/worry/depression
 - Attitudes/anger/frustrations
 - Broken relationships
 - Lack of spiritual discernment
 - Hasty decisions
 - Vulnerable to the devil's tricks because you're not spiritually alert
 - Substance abuse

The Danger of Too Much Rest

- Just as busyness is spiritually dangerous, so is constantly resting
- Jesus said to His apostles "rest a while", not "rest all the time"
- We rest to be refreshed/recharged to work for God at home, the workplace, and ministry
- Our times of rest in the presence of God refreshes and recharges us to serve others better
- Our times of meeting with God in the *secret place* makes us better for serving humanity at our *home base* and in the *marketplace*

The Benefits of Rest and Refreshment

- What happens to us/for us when we have regular times of rest in the presence of God?
- You see sins that you need to repent of **Acts 3:19-20 (NLT2) 19 Now repent of your sins and turn to God, so that your sins may be wiped away. 20 Then times of refreshment will come from the presence of the Lord, and he will again send you Jesus, your appointed Messiah.**
- Resting in the presence of God is also a time of *reflection*
 - Reflection is looking back to see what I need to change or improve upon in your life
- God shows us new opportunities and places to serve Him
- We begin to see the *personal and spiritual* benefits of regular times of rest in God's presence (i.e., calmness, easy to get along with, not easily upset by problems, no worries, we can see God at work in various situations, etc.)

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- Your labor is more *effective* because you're well rested and spiritually in tune with God
- You have the spiritual *reserve strength* to handle *unexpected demands* on your spiritual battery
 - You can make it through trying times and seasons in life because you're spiritually rested
 - You can make it through attacks from the enemy because you're spiritually alert, too **2 Corinthians 2:11 (KJV) 11 Lest Satan should get an advantage of us: for we are not ignorant of his devices.**
- Your *rest time* in the presence of God makes your "work time" more pleasant and productive
- You're grateful that God *made* you rest **Psalm 23:2-3 (KJV) 2 He maketh me to lie down in green pastures: he leadeth me beside the still waters. 3 He restoreth my soul:**
- Spiritual rest reminds us that God has *everything* under control **Psalm 4:8 (KJV) I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.**

I Rest in You

I rest in you, O God, my *Savior*
I rest in You, O God, my *King*
I rest in You, O God, my *Redeemer*

My faith is secure, Lord I rest in You
My faith is secure, Lord I rest in You