

## REST AND RECHARGE: FOLLOWING JESUS' EXAMPLE IN A DIGITAL WORLD

May 10, 2025

### Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Matthew 14:22-23

### Memory Verse

<sup>31</sup> But so many people were coming and going that Jesus and the apostles did not even have a chance to eat. Then Jesus said, "Let's go to a place where we can be alone and get some rest."

Mark 6:31



# CASEY'S DAY

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Think about your average day. How much time do you spend on your cell phone, tablet, or computer? Do you watch TV in the evenings or play video games with friends?

While we enjoy using technology, we have to balance it with *intentional rest*. Intentional rest is time that we set aside to turn off our phones or computers. Intentional rest helps us "fill our cup," which means doing activities that make us happy and recharged. Maybe that means praying, resting, or being with friends and family.

Cell phones, social media, and instant messaging make us feel we must always be available to everyone.

That is not healthy for us. God created us with bodies that need rest; even Jesus himself rested! In the Bible, Jesus spends many moments alone in prayer ([Matthew 14:22-23](#)). Prayer can help us recharge when we're tired. Try following Christ's example by getting away from distractions, like turning off your phone and spending time in prayer. Treat your relationship with God like a relationship with a parent or friend, and make time for him each day.

Jesus also rested *with* his friends. In Mark 6:31, Jesus told his disciples, "Let's go to a place where we can be alone and get some rest." For me, seeing my best friend helps me to "fill my cup." Perhaps you feel the same about your cousin or neighbor. Spending face-to-face time with loved ones helps to deepen our relationships. Next time you see your friend, try doing activities that don't involve technology, like playing outside or making crafts.

While technology is an important way to stay connected, we can also follow in Jesus' footsteps by disconnecting, prioritizing rest, and spending one-on-one time with those who help us feel our best.

## Prayer

God, help us remember that you created us to need rest. Help us recharge, refresh ourselves in you, and follow the example of your Son Jesus in building intentional relationships. Amen.

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*written by Rachel Syens*

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