

THE UNHURRIED JESUS

May 4, 2024

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.

Mark 6:30-46

Memory Verse

46 Then he told them goodbye and went up on the side of a mountain to pray.

Mark 6:46



CASEY'S DAY

written by Ron Vandenburg
illustrated by Chad Thompson



"May I have your attention, please?"

Have you ever heard this announcement at a concert or over your school intercom? What do you do when you hear these words?

From an early age, we learn to quiet our mouths and bodies when someone asks for our attention. That's because giving our full attention requires our whole bodies. We look at the speaker. We listen to their words. We avoid distractions.

Mark 6 describes a busy time for Jesus and his disciples. Jesus had preached in the synagogue, traveled to neighboring towns with his disciples, met huge crowds of people, cast out demons, and even mourned the death of his cousin, John the Baptist.

After all that activity, Jesus was tired, so he went up to a mountain alone to rest, pray, and spend time with his Father. He actually did this many times during his ministry. Why? Jesus understood that connecting with God required his full attention.

Many of us lead active lives. Every day is full of must-dos: wake up, get ready, go to school, attend practice, and complete other commitments. Sometimes, when all the activity stops and our bodies slow down, we feel bored.

Instead of searching for a way to fill the quiet with extra activities, try this: Talk to God! Boredom might be our first reaction to slowing down, but on the other side of boredom, we find an invitation to rest our bodies, minds, and hearts. And, like Jesus did, to connect with our heavenly Father.

Psalm 46:10 reminds us: "Be still, and know that I am God." Being still takes practice, but it's a skill worth learning. Jesus knew that in a busy world, quiet time with God is special.

Prayer

Dear Father, In the stillness, you invite us to draw near to you, rest, and pray. Please help me to find times when I can quiet my spirit and hear your voice. Amen.

written by Sara Korber-DeWeerd

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