

Slowing: Living an Unhurried Life

⁷ And he called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. ⁸ He charged them to take nothing for their journey except a staff—no bread, no bag, no money in their belts— ⁹ but to wear sandals and not put on two tunics. ¹⁰ And he said to them, “Whenever you enter a house, stay there until you depart from there. ¹¹ And if any place will not receive you and they will not listen to you, when you leave, shake off the dust that is on your feet as a testimony against them.” ¹² So they went out and proclaimed that people should repent. ¹³ And they cast out many demons and anointed with oil many who were sick and healed them. ³⁰ The apostles returned to Jesus and told him all that they had done and taught. ³¹ And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. ³² And they went away in the boat to a desolate place by themselves. ³³ Now many saw them going and recognized them, and they ran there on foot from all the towns and got there ahead of them. ³⁴ When he went ashore he saw a great crowd, and he had compassion on them, because they were like sheep without a shepherd. And he began to teach them many things.

Mark 6:7-13;30-34

Discussion

The passage starts with Jesus sending the disciples to preach and minister to local villages. Although they were doing the same things that Jesus was doing, they were by themselves for the first time. When the disciples returned to Jesus, they were so excited to share their experiences and continue the work that they seemed to have forgotten to rest, and even to eat. That’s when Jesus tells them to find a desolate place and rest.

- 1. The passage implies that the disciples were willing to continue with the good work that they were doing. Jesus is the one that asks them to stop and rest. We live in a culture of busyness and many times we also fail to stop and rest when we should. Why do you think that is?**
- 2. Jesus seems to think that slowing down is important, sometimes more so than doing good work. Why is rest so important?**
- 3. If rest is so important, how can we slow down in a way that really restores both our body and soul? Is there a better way to practice this?**
- 4. While the disciples were at rest, what was Jesus doing? How does that empower us to seek rest? (v.34)**

When the heart submits, then Jesus reigns. When Jesus reigns, there is rest.

Hudson Taylor

If you look at the world, you'll be distressed. If you look within, you'll be depressed. If you look at God you'll be at rest.

Corrie Ten Boom