



What was the best holiday you have ever been on? What made it so special?

Scriptures – Proverbs 23:4,5 and 24:30-24

James looked at an alternative to the routine of work and then holiday and suggested changing our approach to one of rest before service. One of the keys is in finding the balance between the following two verses from Proverbs:

23:4,5 Do not toil to acquire wealth; be discerning enough to desist. When your eyes light on it, it is gone, for suddenly it sprouts wings, flying like an eagle toward heaven.

Proverbs 24:30-34: I passed by the field of a sluggard, by the vineyard of a man lacking sense, and behold, it was all overgrown with thorns; the ground was covered with nettles, and its stone wall was broken down. Then I saw and considered it; I looked and received instruction. A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man.

Discussion Questions

Jesus invitation to his disciples in Mark 6:30-31 is to “come away with me and rest a while”. How easy or difficult is it to find time to rest with Jesus? What do you find particularly helpful? Looking at the passage from Mark, what happened immediately after this? How does that fit with the idea of rest and service? Some people use a mnemonic device for prayer time, for example “STOP - Sorry, Thanks, Others, Please” to order their prayers. Do you have any particular things to help make resting with Jesus easier?

Application

Set out time specifically this week to rest with Jesus. Consciously ask Him the question: how do you want me to serve?

Prayer

Some people will find this difficult. They may feel guilty about their lack of personal devotional time or that they are stuck on the treadmill of life. Pray for them with the confidence that Jesus delights to spend time with us welcomes us with open arms when we come to Him.