

Soul Business - Stillness

Introduction:

I dare say you are busy. My life is busy, too. Often it is hurried. We hurry from one appointment to another. The calendar is full of events and everybody around us celebrates how busy we are. It's enough to exhaust even the most tenacious soul. Jesus demonstrates and offers a better, life-giving way.

In the lesson from Mark, Jesus has been healing many people and interacting with large crowds. Then Jesus does something different. He takes time to be alone, to pray. Think about that for a moment. Jesus, the Son of God, God incarnate took time to be alone, to pray, to be still. It was moments like this that helped Jesus to stay focused and engaged with his ministry. Luke's Gospel reminds us that this was this was part of the rhythm of Jesus' life. These moments of quiet prayer were essential for Jesus to accomplish his ministry and endure the pain of the cross. It was this cross that has saved you!

If taking time to be still is important in how Jesus walked, it's important for us as well. Taking time away from the crowd and the hurry will help us as we pray to our heavenly Father. And the Father speaks words of life into our sin wearied souls.

Read Your Bible

- Psalm 46
- Mark 1:32-39
- Luke 5:16

Apply God's Word to Your Life:

1. Re-read Psalm 46 slowly.
2. What is God speaking to you through the Psalm?
3. When have you been exhausted by the hustle and bustle of life?
4. How do you think the devil uses hurry to burden us?
5. How have you found relief from hurry?
6. How do you practice "being still" with the Lord?
7. What does it mean to you that Jesus took time alone to pray?
8. Who do you know in your life that does this well?
9. What needs to go from your schedule so you can take time to be still?

Reflecting on the text:

1. What have you learned about God?
2. What have you learned about the world?
3. What have you learned about yourself?

Pray

Father in Heaven, thank you for Jesus who endured the cross for us and for our salvation. Help us to listen to You and to hear Your voice when we pray. May we always find rest in Jesus and his work. And may the abundant life You offer us be lived so that our neighbors are loved. In Jesus' name. Amen.