

Give Me A Break

Mark 6:30-32

I. I'm sure that most of us are aware that we live in a high pressure world. With this pressure comes a great amount of stress. This is especially true in the work force. Many jobs create a great amount of stress in people's lives.

II. If I asked you to list some of the most stressful jobs what would you say?

Political office
Police
Fire Department
Military
Medical Field
Business Management

III. When you were thinking of some stressful jobs, did the work of a disciple ever come to mind?

IV. Have you ever considered the fact that the work we have been called to do as disciples is the most stressful job of all?

1. I say it's the most stressfully based upon what this work involves.
2. Many jobs are more dangerous on a daily bases and have greater amounts of pressure.
3. But the outcome of the work of a disciple not only affects you but those you work with and are trying to work with.
4. The outcome, unlike other stressful works has eternal consequences. What we do and do not do can and does affect people eternally.

Illust: As a doctor, if I fail to diagnose a disease correctly a person can die. As a disciple if I fail to warn others about the disease of sin in their life, they also die; but this death is an eternal separation from God in Hell.

V. I have question. How do we deal with the stress of our jobs?

1. Vacation.
2. Taking a break from the daily grind so we can refocus and refresh ourselves.

VI. I have another question. How do we handle the stress of the work of a disciple?

VII. In our last lesson from Mark we discussed the fact that a disciple must prepare for the work of a disciple.

1. Disciples must prepare for the rejection that comes from preaching the gospel
 - A. Jesus - **Mark 6:2,6**
 - B. The apostles - **Mark 6:11**
 - C. John the baptist - **Mark 6:17-19**
2. Disciples must prepare for the persecution that comes from preaching the gospel.
 - A. Jesus - **John 15:20**
 - B. The apostles - **Acts 5:40**
 - C. John the baptist - **Mark 6:27**

VIII. These two aspects of the work of a disciple are extremely stressful, and we need to understand how to handle this stress.

IX. As we are going to see, like any other job... **At times, disciples must take a break from the stress that comes with the work they are called to do.**

Trans: To help us understand this concept let's first consider a time in the apostles lives when they did this.

1. Taking a break

- A. During the time that Jesus was preparing the apostles for the work ahead, there came a time when He sent them out 2x2, **Mark 6:7**
- B. As they went out they preached the gospel, **Mark 6:12**
- C. Along the way they experienced rejection and persecution, **Mark 6:11**
- D. Eventually they returned to Jesus and reported what they had taught and done **Mark 6:30**
- E. It's at this point that we see the example of taking a break, **Mark 6:31**
 - 1. Notice what Jesus tells them to do upon their return
 - a. **Come away by yourselves.**
 - b. **They were to go to a lonely place**
 - 1.) Some translations have this as a desert place.
 - 2.) Literally it is an uninhabited place, a wasteland.
 - c. **They were to rest for a while.**
 - 1.) This is to soothe or refresh; to take rest, intermission
 - 2.) This word is in the imperative
 - 3.) Thus Jesus is showing the necessity of doing this.
 - 2. Mark also explains why they were to do this. *There were so many people coming and going that they didn't even have time to eat.*
- F. According to **Mark 6:32** the apostles did as Jesus instructed.

Appl: There is no reason to believe that what takes place here is an isolated incident and only applicable to the apostles.

- 1. First, Christians have always and will always face rejection and persecution.
- 2. Secondly, Jesus did the same thing, Mark 1:35

After facing rejection and persecution Jesus saw the need for his disciples to take a break and rest a while

The same would be true for all disciples. **At times, disciples must take a break from the stress that comes with the work they are called to do.**

Trans: Having seen the principle that taking a break is something productive for the disciple we want to now turn our attentions to how we can accomplish this today.

2. Finding Rest from the Stress

- A. One problem congregations face today is a thing called burnout.
 - 1. When disciples can no longer handle the stress that comes with the work they tend to become inactive.
 - 2. This is why there are congregations that just seem tired and are not doing much.
 - 3. To few have done too much for too long and the stress of the work is stifling the life of the congregation.
- B. This problem either stems from disciples being unwilling to take a break or disciples unable to take a break because others won't step up. Either way the result is STRESS!

C. To keep this from happening there are some things we can do that will allow us to remain faithful disciples and still take a break from the stress that comes with the work.

1. Work with someone,
 - a. **Mark 6:7**
 - b. Paul often traveled with a coworker in his missionary work, Acts 13:2,3
 - c. We also have the example with the seventy Jesus sent out, **Luke 10:1**

2. Share responsibility,
 - a. When a person is required to carry a load all the time it can become stressful
 - b. One of the remedies is to share the work load.
 1. In teaching
 2. In evangelism
 3. In follow-up
 4. In physical work, (such as a deacon), Acts 6:1-4
 5. **2 Tim. 4:12,13**

3. Mix it up
 - a. At times doing the same thing continually can be stressful
 - b. We can take a break from a certain work and still be faithful disciples.
 - c. At times Paul would be traveling on a regular basis, but at times he would stop and spend a considerable amount of time in one location.
 - d. **Acts 18:9-11**

4. Spend time away.
 - a. At times the Lord's work involves working on self,
Phil 2:12
2Cor. 13:5,6
 - b. There needs to be a place in our lives for private reflection and prayer so we can work on self.
 - c. In looking back at the example of the apostles, when they went to a desert place and rested, they were not accused of not doing the Lord's work.

5. Move on
 - a. Sometimes in the work place we might find ourselves changing jobs.
 - b. There were times when the disciples would simply move away from those causing stress.
 - c. **Acts 13:48-52**

Illust: I have known of preachers who were so involved in their work that they ended up losing their wife and kids. They were unwilling to take a break. and this caused stress in their relationships.

Appl: The life of a disciple can become stressful. It can wear you down because of the persecution and rejection you face in doing the Lord's work.

The solution to this is found in the example of Jesus and the apostles. **At times, disciples must take a break from the stress that comes with the work they are called to do.**

Con: I need to add a qualifier to this lesson. One cannot take a break from what one hasn't done. It seems that to many Christians are taking a break and they haven't even showed up for work yet.

By doing this you make it difficult for those who are working to take a break.

So let's be sure that we are helping each other in the Lord's work. Let's provide the means for some other Christian to take a break.

And if you are an individual who is unwilling to take a break consider this. The longer you continue to do something that involves stress the less productive you become. If you don't believe look at the work you are doing in the church right now and ask yourself if it is being done at the highest level or just being done when you can get around to it? This too can hurt the Lords work.

At times, disciples must take a break from the stress that comes with the work they are called to do.