

Pleasant Valley
Church of Christ

3317 Amidon
Wichita KS 67204
(316) 838-4195
www.letjesusleadus.org

Schedule of Services

Sunday

Classes 9:30 am
Worship 10:30 am
Evening 6:00 pm

Wednesday

Classes 7:30 pm

The Pleasant Valley Church of Christ is a non-denominational group of believers who are committed to following Jesus in our attitudes, our relationships, and our worship. If you want the same thing in your life, please contact us. We'd like to help.

Unless otherwise noted, all scripture quotations are from the New King James Version Bible, Thomas Nelson Publishers.

Wings



*"But those who wait on the Lord shall renew their strength;
they shall mount up with wings like eagles" (Isaiah 40:31)*

November 23, 2008

"Come . . . and rest a while"

by David King

"And He said to them, 'Come aside by yourselves to a deserted place and rest a while.' For there were many coming and going, and they did not even have time to eat" (Mk. 6:31).

Jesus gave this instruction to His apostles following the successful Limited Commission (v. 7-13). He had sent them out two by two to preach and heal the sick, and their work was so successful that they became overwhelmed with the multitudes that followed them. Their days were packed with activity, leaving them no time to sit down to a leisurely meal. Jesus knew that this pace would wear His apostles down, so He ordered them to take a break: "Come aside by yourselves to a deserted place and rest a while." They needed a vacation, even if it was God's work they were doing.

Man was created by God to be busy, active, and productive. The Bible stresses the value of work as the source of personal and societal success (2 Thess. 3:6-12; Eph. 4:28; Prov. 10:4-5; 12:11; 22:29; 27:23-27). Even in the perfect Garden of Eden, Adam had work to do ("tend and keep it", Gen. 2:15). The lazy man will find no sympathy from God.

But whatever rewards work provides us, it must never become our god. Like the apostles we need to occasionally take a break and rest.

In ancient Israel, this was codified in the Law of Moses. The Ten Commandments instructed the Israelites to "Remember the Sabbath Day, to keep it holy" (Ex. 20:8). Contrary to the modern misconception, this was not a day of worship, but a day of rest:

"in it, you shall do no work" (v. 10). The Law also mandated a variety of feast days, some lasting for a week or more. Whatever the religious significance behind these holidays, the practical effect was to give God's people time off from the daily grind, and allow them opportunities to relax, enjoy their families, and refresh their physical and mental condition.

This principle was reinforced in the various Sabbath controversies that Jesus encountered during His ministry. The Pharisees had turned the simple Sabbath law into a byzantine set of regulations that became a burden rather than a blessing. Jesus rebuked their legalistic application of this law by reminding them of the original intent: "The Sabbath was made for man, and not man for the Sabbath" (Mk. 2:27). Stated another way, man needs a periodic day of rest.

Paul was a tireless ambassador for Christ, but he recognized the need for taking a break. During his third missionary journey, he left his companions at Troas, and walked overland nineteen miles to Assos, where he rejoined his fellow travelers (Ac. 20:13-14). The text gives no reason for this personal detour, but those who have traveled this route say it's not hard to figure out. The road passes through beautiful coastal vistas, with the sea on one side and mountains on the other. Paul was simply using a couple of days to enjoy a little R. & R.

Whatever our occupation, it is in our best interest to balance work and pleasure in our lives. Schedule time to turn off the laptop, close the appointment book, and "rest a while."