

INSPIRED 2GO

DAILY DEVOTIONAL

BY PASTOR WALE AFELUMO

COME ASIDE AND REST

SCRIPTURAL REFERENCE

Mark 6:30-32

ADDITIONAL STUDY

Exodus 23:12, Psalm 90:12 & 3
John 1:2

PRAYER POINTS

- Pray for wisdom to reorder your priorities concerning how you use your body.

- Ask for strength to make healthy choices that will help your body rest and be rejuvenated, so it can sustain its energy and function at full capacity.

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. - **Mark 6:31**

Your physical body is like the horse that your spirit rides upon to do the will and the work of God while you are here on earth. If the 'horse' becomes tired, weak or sick, then, no matter how willing, enthusiastic or vibrant your spirit is, it will be limited. It is difficult to serve God or accomplish your purpose with a worn out, broken down and sick body. Therefore, you must learn to take care of your body.

Jesus, as God as He was, with the power to supernaturally refresh His disciples, did not think it wise to pronounce a word of healing over them, but appealed to common sense – come aside by yourselves and rest. At this point, the disciples had just returned from a mission trip where great power and miracles attended their ministry.

They had expended virtue and energy in the work of God and of course, in the excitement of their past achievements and the prospect of greater things to do, they were ready to keep going on. But Jesus advised them not to be moved by the huge traffic of people and the seeming success they were recording, but that they should take time off to a secluded place to rest.

Sometimes, we can get so driven and carried away by work that we neglect our bodies. Our passage says the disciples were so engrossed that they could not even find time to eat. Likewise, we also get to a point where we totally abort leisure activities like playing with our children, going to the movies, engaging in fun activities, relaxing with friends, or even taking vacations.

Consequently, you must take time to rest because your body needs to be refreshed and restored to function at full capacity. Go on your annual leave. Go to a secluded place...a place where you can be without your phone or any form of distraction.

Don't substitute your rest for money or sacrifice it on the altar of success. Opportunities will always show up, so don't let the appearance and disappearance of business opportunities make you violate your needed rest. Listen to Jesus say to you; 'Come aside, just by yourself, to a quiet place and rest for a while!'

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