

PENTECOST8B – July 19, 2015 – “Living the Balanced Life” based on Mark 6:30-34, 53-56

Everyone needs a resting place, a quiet spot, a place to recharge the batteries & nourish the spirit

- A ‘resting place’, vacation time
- Jesus knew this, made suggestion to disciples after mission trip
- Research of Dr. John Calhoun on mice, a parable of modern life

Lives designed for balance

- Constant pressure and tension is not good
- God worked 6 days and rested on 7th
- Story of ‘bow’ by Aesop

Need to spend time with God

- Lack of time allows less noble influences to come in
- Activism of Christianity demands some ‘down time’
- Meditation with God at center is better than self-centered meditation that focuses on self
- One of purposes of worship to remind us of need for ‘God time’

Jesus knew value of getting away to a quiet place. Use his teaching to build balance and restore this natural rhythm to your normal routine.