

## **SO SEND I YOU, INC. 2024 LENTEN DEVOTIONAL**

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**Saint John Baptist Church is inviting you to a scheduled Zoom meeting.**

**Topic: 2024 LENTEN DEVOTIONAL**

**Time: March 9, 2024 06:00 PM Eastern Time (US and Canada)**

**Every day, until Mar 31, 2024**

**Join Zoom Meeting**

**<https://us06web.zoom.us/j/82089300351?pwd=qdHdd5LGaTRWPhJCRgOxsK6bL2Fnji.1>**

**Meeting ID: 820 8930 0351**

**Passcode: 628471**

**Dial by your location**

- **+1 312 626 6799 US (Chicago)**
  - **+1 646 558 8656 US (New York)**
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**DAY 22  
SATURDAY, MARCH 9, 2024**

### **THE CALL TO REST**

**Rev. Dr. J.W. Matt Hennessee Mark 6:31 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.**

A story is told about a group of factory workers who had worked very hard for six to seven hours straight; however, when the bell rang for them to take a break, they all continued to work. There was a visitor on tour that day who witnessed this. The visitor inquired as to what the bell was for and was told it signaled to the workers that it was time for their lunch break. The visitor asked, “If it is break-time why are people not leaving their workstations and heading for the lunch room?” The tour guide said, “Because no one wants to be the first to leave the line.” They were conditioned to “work” and did not want to be labeled as one who was first to leave when the bell rang.

This is a dazzling picture of dedicated workers. The example, however, reminds us of the story of Jesus who admonished His hardworking disciples that though they were hard workers, and He was complimentary about their work; they must not neglect the importance of finding a place to “rest.”

In this passage and in our daily lives in the 21st century, we find ourselves busier and busier. Too often that which is compromised is “rest.” Some of us go about our lives as if “rest” is a dirty word. To do our best work for the Kingdom we must remember we are not machines. We are God’s people with feelings, obligations, hopes, and dreams.

Jesus reminds us that without rest we marginalize our hopes dreams, obligations, and feelings by running around on an empty tank; physically, spiritually, and mentally. Jesus wanted the best from His Disciples not just for His sake, but for theirs. He gives the clarion call to “rest.” With this message He said to them and to us by extension— you will do even greater work with a rested heart, mind, and spirit.

May we follow the important message to find a place to “rest” so that we can do our best work. There is nothing wrong with the factory workers who did not want to be the first to move at the ringing of the lunchbreak bell. The bell itself was a sign that their work was appreciated, but they would do so much better if they took a break—to rest and give another strong performance.

For you and I who live in this crazy and ever-moving world; where what we did yesterday seems never enough; or we leave our workplaces at the end of the day planning on what we will do tomorrow; and often get overwhelmed by it all—Jesus says, “Get away from the hustle and bustle of it all and “rest.”

**Prayer:**

**O God, please help us to understand that to be better people and servants for your Kingdom we must “rest” and rejuvenate. In Jesus’ Name. Amen.**