



8 Examples of Rest from Jesus

During a Time of Grief

John's disciples came and took his body and buried it. Then they went and told Jesus. When Jesus heard what had happened, he withdrew by boat privately to a solitary place – Matthew 14:12-13

Prayer as a Priority

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed – Mark 1:35

Setting Boundaries

That day when evening came, he said to his disciples, "Let us go to the other side. Leaving the crowd behind, they took him along, just as he was, in the boat – Mark 4:35-36

Setting an Example

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." – Mark 6:30-31

Productive Rest

Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. After leaving them, he went up on a mountainside to pray. – Mark 6:45-46

Consistency and Routine Rest

Yet the news about him spread all the more so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed. – Luke 5:15-16

Consult and Reflect

One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. When morning came, he called his disciples to him and chose twelve of them, whom he designated apostles. – Luke 6:12-13

Physical Limitations

Jacob's well was there, and Jesus tired as he was from the journey, sat down by the well. It was about noon. – John 4:6