

**GIVE ME A BREAK**  
**Mark 6:30-34, 53-56**

**I. LIVING IN DENIAL**

- A. *“The Apostles returned to Jesus, and told him all that they had done and taught” (Mark 6:30).*
- B. Miracles in the Middle.
  - 1. “One of the saddest things that can be said of anyone is that greatness passed by, and they did not recognize it.” (Sweet)
  - 2. The scripture reading focuses on the texts on either side of two great miracles.
- C. Vacation Misers.
  - 1. “Americans take less time off and enjoy fewer days of vacation than just about any industrialized nation in the West.” (Willimon)
  - 2. Is God commanding us to take vacations?
- D. What We Believe.
  - 1. We are only worthwhile if we are busy and productive.
  - 2. We must earn the right to be here.

**II. ON THE ROAD TO OVERLOAD**

- A. *“For many were coming and going, and they had no leisure even to eat.”*
- B. Signs Along the Way.
  - 1. You never take a day off and you never take a vacation.
  - 2. You’re overstressed and self-obsessed.
  - 3. Emotional exhaustion, physical weariness, spiritual anorexia.
- C. Symptoms of the Disease.
  - 1. Inability to sleep, nervousness, loss of appetite or eating compulsively, inability to concentrate.
  - 2. Your perception will decrease. Unable to find multiple options. You will regress to more infantile behavior.

**III. RADICAL SABBATICALS**

- A. *“Come away by ourselves to a lonely place, and rest a while” (31).*
- B. Listen to Your Body.
  - 1. “Burnout is a disease of the overcommitted. The overcommitted person refuses to listen to his/her body when it whispers.”
  - 2. “All the great religious leaders of the past, including Jesus, had to do their ministry within the confines of human limitations. So should you.” (Roy Oswald)
- C. Simple Solutions.
  - 1. Get a life. Get a guide. Get in shape. Get a hobby.
  - 2. Positive addictions: spiritual formation, monitor your intake (food, drink, television, movies), running, swimming.
- D. Remember the Sabbath.
  - 1. Sabbath time is not useless time. It’s time we use.
  - 2. It is time we stop in order to remember.

**Prayer Concerns:** *Burney Biesel, Mac Kerr, Joe McDowell, Anne Miller, Mildred Sentell, Jennifer Tarpley, Joe Tidwell, Jr., Ray Billings, Gerald Borden, Sarah Clark, Richard Cole, Cledus Creel, Jimmy Eubanks, Nancy Gunnels, Fern Haslop, Dorothy Huffstutter, Jeff Joyner, Linda Lindner, Van Lynch, Dorothy Montgomery, Macy Morgan, Taylor Murray, Judy Owen, David Ray Petrie, Patrick Ramage, Rob Sparks, Lloyd Watson, Dr. Nabhan & Dr. Choueiry & Children ...*

**Christian Sympathy** is extended to *Maleia Lee and family* in the death of her uncle, *William J. Criswell*, on Tuesday, July 18.

### PASTORAL PRAYER

Loving God, you told us that there is a time for every matter under heaven: a time to plant and a time to reap; a time to mourn and a time to dance; a time to seek and a time to lose. Could you also be telling us that there is a time to work and a time to refrain from working; a time to be busy and a time to slow down? In your longest commandment you said, “Six days you should labor, and do all your work; but the seventh is a Sabbath to the Lord your God; in it you shall not do any work...” Are you commanding us to “be still” so we may encounter you and find ourselves? Are you telling us to “lie down in green pastures” and sit “beside the still waters” so you may restore our soul? Are you trying to prepare a place for us in the presence of all our activities?

Father, help us to learn the spiritual art of balance. Help us to balance all our activity with moments of inactivity; to balance all our talking with moments of listening; to balance all our serving with moments of being served; to balance all our moments of loving with moments of being loved. Help us to know when to turn off the phone, shut down the computer, forget to wear a watch, and to discover that we are not God. Help us to remember that this is a day that you have made and then enable us to rejoice and be glad in it!

Hear us now as we pray the prayer Christ taught us to pray ...

**THE LORD’S PRAYER: Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our debts, as we forgive our debtors; and lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.**

### MARK 6:30-34, 53-56

The apostles returned to Jesus, and told him all that they had done and taught. And he said to them, “Come away by yourselves to a lonely place, and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a lonely place by themselves. Now many saw them going, and knew them, and they ran there on foot from all the towns, and got there ahead of them. As he went ashore he saw a great throng, and he had compassion on them, because they were like sheep without a shepherd; and he began to teach them many things...

And when they had crossed over, they came to land at Gennesaret, and moored to the shore. And when they got out of the boat, immediately the people recognized him, and ran about the whole neighborhood and began to bring sick people on their pallets to any place where they heard he was. And wherever he came, in villages, cities, or country, they laid their sick in the market places, and besought him that they might touch even the fringe of his garment; and as many as touched it were made well.

### SUNDAY SCHOOL STAFF

Ashburn Bible Class:	Gerald Edwards
CLC:	Gerald Edwards, John Moore, Gordon Freeman
Lola Summers:	Luce Overall, Tracy Clark
Friends in Faith:	Becky Hamilton, Gina Moore, Diane Mallard
Seekers:	Lyda Hardy and Brenda Cottrell
Young Adult II	Leah and Tim Orr
Crossroads for Young Adults	William Mallard, Paula Mohead
Robert Kerr Class:	Albert Fowlkes, Dan Green, Bill Parmenter
High School:	Matt Tyler
7th and 8th Grade:	Steve Clark, Blake Stallings
CIA - 5th & 6th Grades:	Kay Fowlkes, Anna Moody
3rd & 4th Grade:	Beverly Green, Sandy Cross
1st & 2nd Grade:	Lauren Mangrum, Jenny Edwards
4 & 5 years & Kindergarten:	Monica Alford, Tom Skehan
2 and 3 year-olds:	Donna Haslop Sub: Paula Mohead
General Sub:	Clete Youmans