

“Truly my soul finds rest
in God” Psalm 62:1.



Time Out

Read: Mark 1:29-39

Over the past couple of weeks Jesus has outlined the necessary steps for discipleship: (1) Repentance; (2) Belief in the Gospel; (3) follow him; and (4) listening to his teaching. In the gospel Jesus continues to model the way of discipleship by getting up early and going off to pray. Through his actions Jesus introduces the fifth step of discipleship: making time to pray.

Life can be extremely busy. We are all running after one thing or the other. Work is hectic, our social calendar is full, our children have a myriad of activities and we are stressed out. Jesus was no different. Everyday his job was demanding, his list of places to visit exhaustive, and the people who needed his attention were endless. So how did he cope with the great burden of his life? He got up early to go and pray.

The Bible invites us to meditate on God’s word day and night (Psalm 1:2). Research shows that meditation is one of the best ways to relieve stress. That’s why Jesus recommended it. He knows that meditation and prayer go hand in hand and that the closer we get to God, the less anxiety we will have. The trick is making time. That is why Jesus intentionally sets aside time to go and pray.

Without this time of prayer Jesus would have been unable to meet the demands of his vocation. The strength he required to complete his mission came from the time he spent in prayer. We are no different. Prayer and meditation are necessary for our wellbeing even if that prayer is just a few words or seconds of silence before the kids get up, or we hit the road on our way to work. Prayer works because God works through it to give us the strength we need.