



Marriage Growth-Track

Week 13 - Day 2

Alone

Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone.

Matthew 14:22-23

Observation:

Jesus put the disciples into the boat and sent them to the other side.

He dismissed the crowds

He went alone up on the mountain

He prayed by himself

Application:

All of us have heard the Greatest Commandment, "love God, other, and ourselves" at some point in our Christian walk. But, often times, I find that the majority of people miss the importance of the third part, "loving ourselves." Every single day, it can feel we go round and round again with our schedules packed with work, appointments, to-do lists, and shuttling kids to their next event. For most of us, we maintain such a rapid pace that we deplete ourselves to the point where we simply run out of energy. The consequences can lead to sickness, depression, anger, frustration, etc. We call that burnout.

Loving ourselves often comes across as self-centered and sometimes even rude. Yet, self-care was modeled by Jesus. After finishing up a big ministry opportunity to five-thousand people, where he performed many miracles and even fed all of them a fantastic fish dinner, I'm sure Jesus was absolutely exhausted from teaching, loving, and serving so many people. You might even venture to wonder if he was feeling burnt out too. Yet, in between the stories of Jesus feeding the five thousand and walking on water, He gave us an important example for what it means to re-energize and keep moving forward.

The antidote to burnout is self-care. Jesus knew what He needed after He had ministered all day long. Not just time alone, but also time with the Father. He sent the disciples away and climbed up a mountain to get away from the busyness, people, and all distractions. I'm sure the mountain climb was a joy because He didn't have to talk or hear Peter ramble on about something. Once He made it to the top, He prayed and relaxed. Alone, His soul was powered up by spending time with the Father and His body was strengthened.

Discussion Questions:

1. What is your favorite activity to do alone to feel refreshed?
2. Do you feel you get enough time to do self-care?

Action Steps:

Reserve a date and time on your calendar to practice self-care.

Prayer:

Father God, help us not to be too busy to ignore ourselves. As you modeled in Your word, that we might take the time to be alone to be with You to refuel our soul and body. As God, everything we have is from you. Help us in stewarding our mind, body, and soul to be able to do our best here on earth for Your Kingdom.

