

Mark 10:45 For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.

5- The Servant Must Refresh

Mark 1:35-39

Mark 1:35-39 And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed. 36 And Simon and they that were with him followed after him. 37 And when they had found him, they said unto him, All men seek for thee. 38 And he said unto them, Let us go into the next towns, that I may preach there also: for therefore came I forth. 39 And he preached in their synagogues throughout all Galilee, and cast out devils.

There is a danger many times in serving, that being burnout. Also another danger in serving is that it will cease to be fresh and relevant. It gets stale and lifeless, enthusiasm wanes and boredom sets in. Today we look at the topic in our study of Mark, *The Servant Must Refresh*.

I- In the Morning:

Mark 1:35a And in the morning, rising up a great while before day... This is the next day after Jesus had been busy doing multiple ministry facets. Jesus had just had a long day but still He knew He must recharge for future ministry. He rose early and had a short time of refreshing before another day would begin.

Many times we are guilty of trying to give God a minute at bedtime or when we have expended all our energy on other things. Christ gave us a pattern here of doing it while He was fresh.

II- Solitude Place:

Mark 1:35b ...he went out, and departed into a solitary place... Noise and distractions are about us everywhere. Jesus did not have all this sensory stimulation and still He found He needed a solitude place. How much more do we need to steal away for some quiet time if we are to be effective for others!

I would like to suggest that we need to find this solitude place in two different times; before and after serving.

Why before ministry? Jesus' popularity was rising and He needed to make sure that He did not allow His flesh to override His mission. He could have allowed the popularity to go to His head.

We must be on guard also and not become puffed up in the flesh. We see a warning against a new Christian being given unwarranted responsibility in the context of a deacon. *1 Timothy 3:6 Not a novice, lest being lifted up with pride he fall into the condemnation of the devil.* Novice here means newly planted. Wuest says it "...describes a person who is in a beclouded or stupid state of mind as the result of pride."

So the time of refreshing needs to be so that we make sure that we are anchored in God and not in our self-worth or pride. God wants great things but He wants to do them through us and not us do them.

After ministry is important to refresh because we all need our batteries recharged. A time of solitude will help us to reflect on God and how He is using us and wants to use us. Often times God will lead us a different direction than expected. So how do we know? Glad you asked.

III- Commune with the Father:

Mark 1:35 ...and there prayed. Mark simply put in the words that in this solitary place, early in the morning that Jesus prayed. One often overlooked facet of prayer is simply listening; for a still small voice as in Elijah. Notice *1 Kings 19:11-12 And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake: 12 And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice.*

The mighty, all powerful, and dangerous God that we should fear spoke to Elijah in a whisper. May I suggest a whisper into the heart of a man when he is in need of refreshing is what we need to get up to fight again?

IV- Reengage the Service:

Mark 1:36 And Simon and they that were with him followed after him. 37 And when they had found him, they said unto him, All men seek for thee. 38 And he said unto them, Let us go into the next towns, that I may preach there also: for therefore came I forth. 39 And he preached in their synagogues throughout all Galilee, and cast out devils.

There is a danger if stepping away, even for a day or week. The danger of a refreshment time is that we do not ever engage back into serving. Rest can be additive, the enemy will fight and tell you that you deserve the rest, let others do it. Jesus refreshed but then He returned to the work at hand. He engaged again in the service of others. Do you need to find rest or do you need to reengage?