

A Vacation . . .



Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.

So they left by boat for a quiet place, where they could be alone.

Mark 6:31-32

A Vacation For the Heart



1. Choose what you fear the most and leave it with the Lord.

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

2 Timothy 1:7

“Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”

Isaiah 41:10

For God has said, “I will never fail you. I will never abandon you.”

So we can say with confidence, “The LORD is my helper, so I will have no fear. What can mere people do to me?”

Hebrews 13:5-6

2. Choose your worst fault and confess it to the Lord.

But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

1 John 1:9

3. Choose your most common irritation and let it go.



“Most important of all, continue to show deep love for each other, for love covers a multitude of sins.”

1 Peter 4:8

4. Choose your most enjoyable pleasure and do it.



“Teach those who are rich in this world not to be proud and not to trust in their money, which is so unreliable. Their trust should be in God, who richly gives us all we need for our enjoyment.”

1 Timothy 6:17

5. Choose your most bothersome question and find the truth.



“That very night the believers sent Paul and Silas to Berea. When they arrived there, they went to the Jewish synagogue. And the people of Berea were more open-minded than those in Thessalonica, and they listened eagerly to Paul’s message. They searched the Scriptures day after day to see if Paul and Silas were teaching the truth. As a result, many Jews believed, as did many of the prominent Greek women and men.”

Acts 17:10-12

“Lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you.”

Psalm 25:5

6. Make a list of God's blessings and review it.



“Enter his gates with thanksgiving;
go into his courts with praise. Give
thanks to him and praise his name.
For the LORD is good. His unfailing
love continues forever, and his
faithfulness continues to each
generation.”

Psalm 100:4-5

It is good to give thanks to the
LORD, to sing praises to the
Most High.

It is good to proclaim your
unfailing love in the morning,
your faithfulness in the evening

Psalm 92:1-2

Then Jesus said, “Come to me,
all of you who are weary
and carry heavy burdens,
and I will give you rest.

Take my yoke upon you. Let me
teach you, because I am humble
and gentle at heart, and you will
find rest for your souls.

For my yoke is easy to bear,
and the burden I give you is light.”

Matthew 11:28-30