

MARK 6:45-46**PLUG IN!**

⁴⁵ Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. ⁴⁶ After leaving them, he went up on a mountainside to pray.

Apparently, still concerned for his disciples, he sent them off while he remained to dismiss the crowd. Even though Jesus had stopped to deal with the crowd and used it as an opportunity to teach his disciples, he still kept sight of their need for refreshment and rest. In fact, after he dealt with the crowd, Jesus knew that he too needed to reconnect with the Father, so he somehow separated himself from the people and went up the mountain to pray.

Where do you go for spiritual refueling? Do you recognize your need for refreshment and rest? If you seem to be doing just fine without the need to regularly be refreshed, you need to ask yourself two questions. Am I relying too much on my own stores, and therefore, in real danger of burnout? Or, am I not expending enough energy for the kingdom to even notice?

Lord God, I acknowledge you as the power of my life. Through your Word you guide my ways. Through your Spirit you convict my conscience and empower my obedience. Through your Son you reconcile me to you. Let me not take that for granted, but help me to recognize my need to come to you daily to be fed, equipped and refreshed, so that I might go forth and do the work you have given me to do under your power and authority. Amen.