

Jesus Never Rushed

· Scripture ·

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’”

Mark 6:31

· What We're Learning Today ·

Life moves quickly. There is always something to respond to, somewhere to be, something to clean, finish, post, answer, or figure out. Even during seasons that are supposed to feel restful, many of us still carry a constant pressure to stay productive.

But when you look at the life of Jesus, you notice something different.

Jesus was never frantic.

He was never rushing from one moment to the next trying to keep up. Even when crowds followed Him, people needed healing, and responsibilities surrounded Him, He still made space to step away and rest. He invited His disciples to do the same. Sometimes we feel guilty for slowing down. We treat rest like something we have to earn after we have exhausted ourselves completely. But Jesus never acted like rest was weakness. Rest was part of the rhythm of walking closely with the Father. There have been seasons where I convinced myself that staying busy meant I was doing well. I filled every quiet moment with work, responsibilities, or distractions because slowing down felt uncomfortable. But eventually, I realized how spiritually tired I had become. It is difficult to hear God clearly when our lives are constantly noisy.

Jesus does not ask us to run ourselves into exhaustion trying to prove our worth. He simply says, “Come with me.” Not rush harder. Not carry everything alone. Not prove yourself first. Just come.

Sometimes faith looks like choosing stillness. A slow morning with your Bible open. Sitting quietly outside before the day begins. Turning off distractions long enough to rest in God's presence again.

The world constantly tells us to hurry.

Jesus invites us to slow down.

And maybe that is exactly what our hearts need.

Little Honey (younger children)

· Simple Truth ·

Jesus wants me to rest with Him.

· Activity ·

Go outside or sit quietly for a few minutes and listen to the sounds around you. Thank Jesus for giving you time to rest.

· Prayer ·

Dear Lord, help me slow down and spend quiet time with You.
Amen.

Growing Honey (older children)

· Reflection ·

Sometimes life feels very busy, even for kids. School, activities, sports, screens, and responsibilities can make our hearts feel tired. Jesus reminds us that resting and spending quiet time with Him is important too.

What helps you feel peaceful and close to God?

· Activity ·

Create a "quiet time basket" with your Bible, journal, colored pencils, or favorite worship music for slow mornings with Jesus.

· Prayer ·

Dear Lord, help me slow down and spend time with You each day. Fill my heart with Your peace. Amen.

Rooted Honey (teens and growing faith)

· Reflection ·

Many of us are so used to being busy that slowing down almost feels wrong. We constantly feel pressure to stay productive, answer notifications, keep up with responsibilities, and always move to the next thing. But Jesus never rushed.

Even during some of the busiest moments of His ministry, He stepped away to pray, rest, and spend time with the Father. He understood something we often forget: a constantly overwhelmed heart cannot rest deeply in God.

There have been times where I realized I was physically present in my faith but mentally exhausted from carrying too much noise. The more distracted and hurried life became, the harder it was to feel spiritually grounded.

Sometimes slowing down is not laziness. Sometimes it is obedience. What has been making your life feel rushed lately?

· Journal Prompt ·

What distractions or pressures have been making it difficult for you to rest emotionally and spiritually?

· Prayer ·

Dear Lord, help me slow down enough to hear Your voice again. Teach me to rest without guilt and trust You with the things I cannot control. Amen.

Anchored Honey (parents and adults)

· Encouragement ·

One of the hardest things about adulthood is how normalized exhaustion has become. We praise busyness, overcommit ourselves, and quietly carry pressure to constantly keep going. Even rest can begin to feel unproductive.

But Jesus never lived that way.

In Mark 6:31, Jesus noticed His disciples were overwhelmed and tired, so He told them to come away and rest. He cared about their spiritual and physical well-being. Rest was not separate from their faith. It was part of it.

There have been seasons where I kept filling every empty space with work, scrolling, stress, or productivity because I felt guilty slowing down. But eventually, exhaustion catches up with us spiritually too. We become distracted, anxious, emotionally drained, and disconnected from God's peace.

Sometimes the most spiritual thing we can do is pause long enough to sit with Jesus again. Not every moment has to be optimized. Not every quiet season needs to be filled.

God never asked us to carry life at a pace that keeps us constantly exhausted.

· Reflection ·

What would change in your life if you stopped feeling guilty for resting?

· Prayer ·

Dear Lord, teach me how to slow down and rest in Your presence again. Quiet the pressure to constantly strive and remind me that my worth is not found in productivity. Help me walk at the pace of Your peace. Amen.