

“A Year with Jesus”
Week 18, May 2nd, Mark 6:30-46

//Our lives, even for the most adventurous and spontaneous, are filled with rhythms. We move in simple patterns of waking and falling asleep, work schedules and meal habits. Most of us establish rhythms for basic chores and time with family and friends. There’s even the subtle patterns that shift as we move through the different seasons of each year. And then there’s our unique individual rhythms that encompass both the vital and the mundane in our lives. What are some of the general, unique, and even quirky rhythms of your life?

//The Rhythms of Jesus: Mark 6:30-46

This passage encompasses, but doesn’t exclusively contain, the feeding of the 5000 (this miracle is not the focus of our devotion). Read through the passage once to become familiar with the story. In a second reading, focus not on the narrative itself, but on the movements of Jesus.

Throughout this story, what and for whom are the shifting focusses of his attention and concern? What emotions and attitudes do you sense in Jesus at each point along the way? Reflect on your discoveries.

Jesus here lives out a rhythm of community, ministry, and solitude. He shares time with his disciples to discuss their adventures in ministry (Mark 6:7-13). He encourages them to join him in rest. He serves the needs of those who come to him for teaching and healing. He meets with the Father for solitude and prayer. Community; sharing and growing together. Ministry; serving the needs of others. Solitude; meeting with our sustaining, restoring, loving God.

Read Luke 5:15-16. In Mark 6 we see this rhythm play out in story. In Luke 5 it’s stated almost as a manifesto for Jesus’ life.

//Examine your life rhythms. Listed below are the three categories of Jesus’ life rhythm. Simply take the opportunity in this time of quiet to look at your own life, and list all the ways you engage with each.

Community:

Ministry:

Solitude:

Reflect with God on anything you’ve discovered from your lists. Here’s some questions to help guide your time. Don’t feel the need to answer one by one, simply use those that stir your thoughts. Finally, if guilt starts to become a dominant feeling, set it aside and remember you are meeting with a God of grace.

What stands out about your rhythms? What category would you like to address? If it is, how is solitude supporting the other two categories? Is there someone you could talk to for support or guidance? What one change or adjustment could you make this week?