

# QUANTOCK MINISTRIES

www.quantockministries.org.uk

---

*A Bible teaching and preaching ministry  
for the Christian community*

**D M HERRING**  
45 LUXBOROUGH ROAD  
BRIDGWATER  
TA6 7JN

01278 451297  
qmins@aol.com

## **Mark 6 v 31**

**... Jesus said to them: “Come with me by yourselves to a quiet place and get some rest” (NIV)**

Perhaps this verse is better known from the AV: “Come... apart...and rest a while”. We’re told the disciples had been so busy with all the “coming and going” of people that “they did not even have a chance to eat”. I’m sure many Christians have felt something of that pressure from time to time. As someone wisely counselled a stressed pastor: “Sometimes we have to come apart before we are willing to come apart”.

Jesus said to them: “Come with me”. It was the Lord Himself, knowing all the weaknesses and difficulties we experience, who initiated this complete change of circumstance. Not only did He open up the idea of rest, but He led the way. While the Lord does lead us into areas of service, activity and challenge, here He seems to be leading us away from them. The answer to our anxious prayer: “Lord, what can I do about [whatever]?” is sometimes: “Nothing, just relax!”.

By yourselves. Our ministry is to go into all the world to preach the Gospel as ambassadors for Christ. In obedience to this command, we are usually involved with many other people. We love the opportunity of witnessing, ministering, and providing care, especially to the lost. But here the Lord is telling us this blessing of rest is for us personally. We leave to one side the usual priority of our caring for others, cast all our care upon Him, and allow Him to “care for us”.

To a quiet place. The AV refers to their destination as a desert place, and it seems the idea is that it is a deserted place, and certainly very quiet. In the busyness of ministry life, especially in our church circles, it is not just pressure from the activities going on around us, but often the legacy of those activities that insists on “going home” with us afterwards. The “noise” continues to play on our thoughts and emotions, particularly following personal clashes, difficult decisions and real uncertainties. Instead, this restful change will involve us spending time in a quiet place, as we allow the Holy Spirit to bring calm and a better sense of spiritual perspective to our minds and hearts.

Get some rest. This is the opposite to restlessness, where we often seem to be striving, perhaps fruitlessly and exhaustingly. God’s rest is not necessarily inactivity, but essentially a rest from our own will. We learn not to be enslaved by our agenda in living and service for the Lord - our plans, ambitions, feelings, traditions - or by the opinions and ideas of others. Rather it is when we learn at all times to seek to be exactly where the Lord wants us to be, in our thoughts, decisions, opinions, activities. That means we should be constantly listening to Him, abandoning ourselves to His guidance and obeying His direction, however unexpected. Sometimes this rest is forced upon us by circumstances such as health issues, accidents, bereavement, church changes (especially splits and closures) and even, ultimately, our home call. The result of embracing God-given rest is a deeper peace, joy, inner contentment, much less striving and a more fruitful ministry.