

# 30 DAYS IN THE BIBLE

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Key Verse – Matthew 14:13–21

Think of this. Crazy week. You've been absolutely maxed. So much stuff going on. In fact, it's been that way for a couple weeks. You're tired. Feeling like you're short on energy. You have a night off. You're looking forward to relaxing at home with your family. In bed early so you can get a tight ten. BUT, you get a phone call. Crisis with a friend. They want you to come over. What do you do?

For context in this passage of Scripture, John the Baptist, who was Jesus' cousin, has died. We don't see them together often in Scripture. There's not really much indication that they did ministry together, but they're family! John's disciples come and tell Jesus, and the Bible tells us that when Jesus heard the news He withdrew by boat to a desolate place by Himself. For what? Take this for what it is; speculation. Is Jesus emotionally distraught? Is He withdrawing to process the death of someone close to Him? We know that He withdrew often to pray. Was this on the agenda? Speculation, but I think as humans we can certainly understand the need to process things in prayer with God. The only issue here is that many have followed Him on foot and when He comes ashore there is a huge crowd. 5000 people. His disciples are telling Him, "We're in the middle of nowhere here. The nearest Subway is a long walk away. You have to send these people away so they can go get some food. The day is over." Obviously a paraphrase. The Bible tells us that Jesus was filled with compassion for these people, and rather than sending them away, He met their needs. He healed their sick and fed them all with five loaves of bread and two fish. Keep in mind, this out of His own emotional despair, when He was intentionally trying to get away from the crowds to be alone.



We live in a world that places an incredibly high value on self-care. And I'm not about to say that it's not important. I understand the value of being physically, emotionally, and spiritually rested. I think it's safe to say that this is what Jesus was intending to do. Get away and rest a moment. However, I read a quote recently that said this: "What we would call burnt out, Paul would call poured out." I think it's the nature of humans to take the path of least resistance. We shy away from anything that would bring us any amount of discomfort or pain, which in some scenarios is an incredibly valuable human instinct. But what about when it hinders us from doing something that is valuable in terms of building the kingdom of God? Rather than, as the Bible says, taking His yoke upon us, which is easy and light, and finding our rest in Him, we rely solely on ourselves to set the boundaries and pace of our lives, not completely trusting that God can bring refreshing to us.

It's an interesting observation, but this incredible miracle takes place when it would might seem that Jesus is depleted. I understand that Jesus is 100% God, but He did experience the things that we as humans are subject to, like hunger and sadness. I know I can look back on my life and see that often when I felt like I had reached the end of my rope, I not only experienced incredible times of fruitful ministry, but had my capacity increased.

My encouragement to you is to ask yourself if you have shied away from ministry out of fear of growing tired. Were there passions in your heart that you let wane because you were exhausted? Is it time to allow those things to awaken again, and trust that God will help you to set up the proper boundaries, in order to keep you physically, emotionally, and spiritually rested?

**What Scripture can I meditate on today?**

**What did God speak to me today?**

**How can I respond in obedience?**

**How can I pray?**