



Scott Baker

Mark 6:30.34

1.25.26

To effectively \_\_\_\_\_ for Jesus, you must have balance!  
**(Ecclesiastes 3:1-8)**

***Having balance in your walk with Jesus, will require you to...***

**1. \_\_\_\_\_! (v.30)**

God has a purpose for everyone of us! We are to each bring Him glory by \_\_\_\_\_ those purposes! **(Jeremiah 29:11)**

When you are faithful to serve Jesus, you are willingly engaging in a \_\_\_\_\_ battle!

**This battle is on two fronts – inside and out!**

**1) On the inside, we are in a constant battle with our own \_\_\_\_\_!  
(Romans 7:18-25)**

**2) On the outside, we are in a constant battle with the \_\_\_\_\_!  
(1 Peter 5:8; Ephesians 6:12)**

The Holy Spirit helps us in this battle and one way He does so is by providing us battle \_\_\_\_\_! **(Galatians 5:16-17; Ephesians 6:10-18)**

***Having balance in your walk with Jesus, will require you to...***

**2. \_\_\_\_\_! (v.31)**

Many people lack proper balance in their lives, and it this is dangerous because it affects \_\_\_\_\_ area of our lives. Our spiritual, physical and emotional health all depend on us living a life of balance!

A life without balance will easily lead to \_\_\_\_\_!

Jesus basically is telling them to take break, get away and get \_\_\_\_\_ and refocused!

I believe there are two kinds of rest we see Jesus referring to here...

**1) \_\_\_\_\_ rest.**

The disciples needed to make sure they were \_\_\_\_\_ with God! They needed to be strengthened spiritually.



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I believe there are two kinds of rest we see Jesus referring to here...

**1) \_\_\_\_\_ rest.**

The disciples needed to make sure they were \_\_\_\_\_ with God! They needed to be strengthened spiritually.



Jesus is our Good Shepherd and like any shepherd, He takes \_\_\_\_\_ of His sheep! **(Psalm 23:1-2)**

Jesus not only commands us to rest, but when we connect with Him, He gives us the rest we \_\_\_\_\_!

Jesus knows how to lead us to those all-important places of spiritual rest, but we must \_\_\_\_\_ Him there! **(Matthew 11:28-30)**

Practical ways to spend time with Jesus and get the spiritual rest we need is through reading His \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_!

As you stop, wait and commune with Him, God \_\_\_\_\_ you!  
**(Isaiah 40:28-31; Mark 1:35)**

**2) \_\_\_\_\_ rest.**

God wants us to take care of our \_\_\_\_\_ bodies!

**(1 Corinthians 6:19-20)**

By physical rest I mean having times when you just take it easy, relax and yes, \_\_\_\_\_! **(Psalm 46:10; Psalm 127:2)**

Sleep or rest in general is an indicator of our level of \_\_\_\_\_. **(Psalm 3:5)**

God has designed sleep for our \_\_\_\_\_! So, get some sleep!

God wants us to get rest, but \_\_\_\_\_ to become couch potatoes!

**(Proverbs 20:13)**

***Having balance in your walk with Jesus, will require you to...***

**3. Be \_\_\_\_\_! (v.32-34)**

When God needs you, be \_\_\_\_\_! When we serve Jesus, we are always on \_\_\_\_\_, and our commander can call us to report to duty at any time!

God can interrupt us \_\_\_\_\_ He needs us!

Jesus was teaching them and us to welcome those God interruptions as \_\_\_\_\_ to bring God glory!



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