

LENTEN DEVOTIONAL | WEEK 5

# AN INVITATION TO REST



Jesus said to them,  
“Come with me by  
yourselves to a quiet  
place and get some rest.”  
— Mark 6:31a

**“Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.” — *Matthew 14:22-23***

Quiet.



**Jesus had his own rhythms of rest. He knew there was always more that could be done, yet throughout his ministry we see moments like this when he withdrew from his ministry to spend time alone with the Father. Look at the week ahead, recognize the reality that there will always be more to do, and then find something to say no to or cancel. In the newfound space that commitment leaves, take time to pray and rest as Christ did.**

**Jesus, who turned away the  
crowd after meeting their  
needs in miraculous ways.  
You withdrew to silence and  
solitude to be renewed by  
Your Father.**

**Teach us how and when to  
say no, so that we can  
learn to say a greater yes to  
You.**

**Amen.**

Quiet.



May the Lord bless you  
and keep you, the Lord  
make his face shine on you  
and be gracious to you; the  
Lord turn his face toward  
you and give you rest.

