

LENTEN DEVOTIONAL | WEEK 4

AN INVITATION
TO REST



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



“Jesus said to them, ‘Come and have breakfast.’ None of the disciples dared ask him, “Who are you?” They knew it was the Lord. Jesus came, took the bread and gave it to them, and did the same with the fish. This was now the third time Jesus appeared to his disciples after he was raised from the dead.”

– *John 21:12-14*

A stylized illustration on a brown background. At the bottom, a black bowl with a yellow spoon inside is surrounded by red and yellow brushstrokes. Above the bowl, a large, intricate yellow pattern resembling a bird or a complex floral design is set against a dark brown background. The word "Quiet." is written in white serif font on the right side of the image.

Quiet.

Jesus was often found meeting the needs of the whole person, including physical hunger. In our relationship with food, do we lean towards seeing food as merely fuel? Do we pursue our cravings as the cure for our anxieties and stresses? Christ offers us real bodily rest through food. Carve out time to make a nourishing meal this week. How do you notice Christ offering your body rest through good food? Enjoy the meal. Receive it as the gift of rest that food is meant to be.

Dear God, Bread of Life, You designed me to be a person of need and dependence, and then You situated me on the receiving end of your gifts and nourishment. Forgive me for too-often relegating You to the spiritual realm. As often as I eat or drink this week, remind me that You provide me rest through the gift of food, through the indwelling Holy Spirit, and through walking closely with You. Amen.

A stylized illustration on a brown background. In the lower center, a black bowl with a yellow spoon inside sits on a dark red branch. Yellow and red leaves are falling from the bowl, creating a sense of motion. The word "Quiet." is written in white serif font to the right of the bowl.

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.



