

Developing Your Replenishment And Renewal Rhythms

Mark 1:32-39

Jesus: Learning From The Savior

March 23, 2025

Senior Pastor, Chad Moore



Introduction

Mark 1:32-39 - Jesus Went Off To A Solitary Place To Pray

That evening after sunset the people brought to Jesus all the sick and demon-possessed. ³³ The whole town gathered at the door, ³⁴ and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ³⁶ Simon and his companions went to look for him, ³⁷ and when they found him, they exclaimed: “Everyone is looking for you!”

³⁸ Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.” ³⁹ So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

Mark 6:30-31 - Come To A Quiet Place And Get Some Rest

The apostles gathered around Jesus and reported to him all they had done and taught. ³¹ Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

See also - Matthew 11:28-30—Come To Me All Who Are Weary

Main idea: To be your best, you must develop replenishment and renewal rhythms. Remember, self-care is not selfish; it's for others.

4 Rhythms To Replenish And Renew Yourself

1. Spiritual rhythms: Restore your soul through daily and weekly spiritual habits.
2. Physical rhythms: Take care of your body by eating well, exercising and getting good rest.
3. Relational rhythms: Cultivate your most important relationships and surround yourself with other great people.
4. Personal rhythms: Discover your unique ways of being replenished and renewed.