



TRY THIS: The Power of Ceasing



Intro

Probably the most powerful instruction in the entire Bible that we could obey: *Be still*. The reason for the power? It's the result of obeying the instruction: *...and know that I am God* (Psalm 46:10). Apparently, Jesus *got* this verse, going by the passages below. Use this exercise for personal enrichment or in a small-group setting.

Digging In

Read the verses below. Beneath each verse, write down all the detail you notice about Jesus' prayer time. Look for answers to the classic questions, such as: Where? When? Why? How?

Mark 1:35

³⁵Very 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.

Mark 6:30-31

³⁰The apostles gathered around Jesus and reported to him all they had done and taught. ³¹Then, 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."

Mark 9:30-31

³⁰They left that place and passed through Galilee. Jesus did not want anyone to know where they were, ³¹because he was teaching his disciples.

Luke 6:12

One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

Luke 9:28

²⁸About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray.

Luke 11:1

Now Jesus was praying in a certain place...

Putting Into Practice

So here is a small challenge. These passages represent six instances of Jesus praying, each instance giving us an idea for a prayer place and time. Consider this: schedule six prayer times over the next few days when you can go to a place similar to where Jesus went. You'll see the passages broken down in the chart on the following page. And since we don't all live near mountains, you'll see suggestions for an equivalent if a mountain isn't practical. In the column labelled "Your Spot" write down ideas specific to where you live.

Then work through your chart over the next few days, emulating Jesus' prayer life.



Scripture	Prayer Spot/Time	Possible Equivalent	Your Spot
Mark 1:35	Very early, away from the house	Neighborhood walk, walking path at a park	
Mark 6:30-31	Quiet place to rest or restore	Lake, pond, bike path	
Mark 9:30-31	Place where you are anonymous	A fast food restaurant you've never been to	
Luke 6:12	Mountainside	Park, woods	
Luke 9:28	Mountain	The tallest point in your city or town	
Luke 11:1	"Certain" place	Make one of the above your usual spot	