



What Keeps You Going?

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Jesus left the synagogue and went to the home of Simon. Now Simon's mother-in-law was suffering from a high fever, and they asked Jesus to help her. So he bent over her and rebuked the fever, and it left her. She got up at once and began to wait on them. At sunset, the people brought to Jesus all who had various kinds of sickness, and laying his hands on each one, he healed them. Moreover, demons came out of many people, shouting, "You are the Son of God!" But he rebuked them and would not allow them to speak, because they knew he was the Messiah. At daybreak, Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them. But he said, "I must proclaim the good news of the kingdom of God to the other towns also, because that is why I was sent." And he kept on preaching in the synagogues of Judea.

Luke 4:38-44

School work, house chores and homework. Sports practices and music rehearsals. Church and Sunday School on Sunday mornings. A child's life gets busy.

Adults' lives are busy, too. Wake up early to get the family ready for the day; put in a long day at work and come home to cook dinner and do the dishes. Put the children to bed and stay up late paying bills. Take care of grocery shopping and house repairs on the weekend, not to mention driving around the kids to practice and rehearsals.

No wonder when we finally have a break, we want to make the most out of it. Go to our rooms and message some friends; catch the game or meet up for coffee. We need some "me time!" so we have the strength to keep going.

Time for rest and time with friends are good gifts from God. We all need those. Jesus needed them, too. He was just as human as the rest of us: he got tired and worn out; he enjoyed getting away for physical rest and for spiritual rest. But what a scene Luke shows us! Jesus put in a day of preaching at the synagogue. Then he went to Peter's house, probably for a chance to relax. But Peter's mother-in-law was sick—she needed him! So, Jesus healed her. You can guess what happened next: all the people brought their sick loved ones to Jesus, too, so he could heal them. No rest yet! So early the next morning Jesus goes out to a quiet place where he could be alone, but the people found him there, too, and did their best to keep him from leaving. And what did Jesus tell them? Not, "Leave me alone so I can get some rest!", but "I need to keep going; other people need to hear about their salvation." Jesus got tired, too, but his love for others kept him going!

Remember that, when you worry that you're facing something alone or that God won't be there to help you out. Jesus will never be too busy or too tired to take care of you. His love for you keeps him going. And enjoy the gift of rest—we need it! But when you see people around you in need, remember Jesus' perfect love, and he'll give you strength to keep going as you serve them, too.

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Questions to Consider:

- List as many things that Jesus did in today's Bible reading as you can remember.
- What are some ways Jesus gives rest for our bodies?
- While it's good to stay busy serving others, can you think of any ways in the Bible that God shows us that getting rest is important, too?
- How does Jesus give rest to our souls?
- To show how hard Jesus worked while he was among us, take thirty seconds to list as many things that Jesus did as you can. Keep track of how many!
- It's important to serve and take care of other people's physical needs. Jesus did that. How does this section of Scripture show you that's not what people need most?