

spiritual caffeine

a monthly shot of encouragement and equipping for student leaders



Cadre Ministries

need a getaway?

a closer look at 7 getaways of Jesus

day 1: habitual getaways

Read Luke 5:16

Does it seem odd to you that Jesus prayed? I mean, he was God, right? Why did he have to talk to God? Thinking that way, though, shows that we misunderstand the nature of God. God is relational.

The Father, Son and Spirit enjoy an intimacy and oneness that can't be found anywhere else—but that part of us longs for, because we were created in God's image. Jesus spent time with the Father because he wanted to. And because he recognized that as the source of his power in ministry. Could this verse be said of you? How often do you withdraw to be alone with the Father? Do you have a quiet place to which you can retreat?



day 2: frequent interruptions

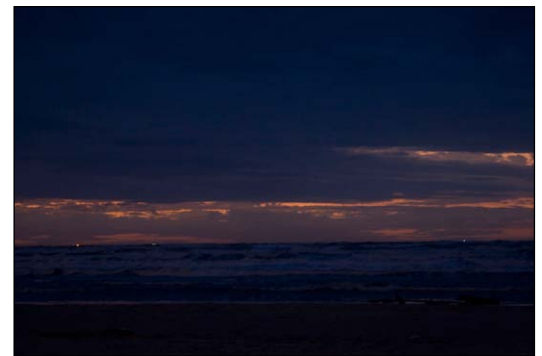
Read Mark 6:30–34, 45–46

Mark tells us that Jesus planned this getaway with his disciples because the crowds were keeping them so busy they didn't even have time to eat! Talk about stress. This was, as we'd put it, a much-needed vacation. But it didn't work; the crowds followed. Notice Jesus' response to the crowd's interruption of his getaway. How do you respond when *your* plans for rest are interrupted by others? Note verse 46, though: Even though Jesus made time for people when he was very tired, he didn't skip his getaway time. He just rescheduled it.

day 3: early solitude

Read Mark 1:35–39

What time and place did Jesus choose to meet with the Father? Why do you think he did that? Honestly, I think he knew that if he didn't get up before anyone else and find a quiet spot, he would never find time alone. So he did what it took to carve out that time with his Father and make sure he was aligned with his will. How committed are you to making time for God, in spite of the pressures others put on you? What time and place work for you?



day 4: teachable moments

Read Matthew 13:36–43

Jesus had amazing focus. The crowds were begging for his attention, but he still made time to be around just his close friends, the ones he was intentionally investing in. He gave them space to ask questions and found opportunities to train them. Who are the people in your close circle of friends that God has given you an opportunity to influence? How are you carving out time for intentional spiritual conversations with them?



day 5: creative accommodations

Read Matthew 8:18–25

There's a furious storm, the disciples are afraid for their lives, and what do we find Jesus doing? Sleeping in the boat. I love this. We rarely see Jesus sleeping in Scripture—He certainly kept busy. Perhaps he felt the only place he was sure to get some peace and quiet was on a boat in the middle of the lake. What would a getaway like this look like for you? Where can you go just to rest and be undisturbed... except perhaps by weather?

day 6: intentional companions

Read Mark 3:13–15

Jesus was very intentional about who he spent time with. Yes, quite often we find him with the crowds, teaching and healing. But we also frequently find him only with those he chose. He knew that his most effective ministry would be in the context of a deeper friendship with just a few. How intentional are you about who you spend time with? Are you around people who make you stronger? People you can influence? How do you decide how to spend your time in this way? (Hint: Jesus spent time in prayer before making this decision.)



day 7: unconditional surrender

Read Matthew 26:36–46

This is one of the most incredible prayers in Scripture, and it's from the mouth of Jesus. He knows all that is about to happen, and he doesn't want the pain and agony. But his desire for the Father's will and our redemption was greater, so he surrendered. In the toughest seasons of your life, can you pray this prayer along with Jesus: "if possible, let this pass, but if not, your will be done"? It's never an easy prayer, but it becomes easier when you've spent enough time with the Father to know his heart and to trust his will.

