

Come Aside ... And Rest A While

Bread Prayer 1

*“Come to Me, all you who labor and are heavy laden,
and I will give you rest.”*

1 I. Come Aside; Rest Awhile

2 Mark 6:31-32 (NKJV) 31 “And He said to them, “**Come aside by**
3 **yourselves** to a deserted place and **rest a while.**” For **there were**
4 **many coming and going, and they did not even have time to eat.** 32
5 So they departed to a deserted place in the boat by themselves.”

6 They were busy; they were perplexed; they were tired.

7 To what degree do you find yourself busy, perplexed and tired?

8 Jesus’ response:

9 Matthew 11:28 (NKJV) 28 “Come to Me, all you who labor and are
10 heavy laden, and I will give you rest.”

11 Isaiah 44:2-3 (NKJV) 2 “Thus says the LORD who made you And
12 formed you from the womb, who will help you: ‘Fear not, O Jacob My
13 servant; And you, Jeshurun, whom I have chosen. 3 For I will pour
14 water on him who is thirsty, And floods on the dry ground; I will pour
15 My Spirit on your descendants, And My blessing on your offspring;”

16 Isaiah 30: 15 (NKJV) 15 “For thus says the Lord GOD, the Holy One
17 of Israel: ‘In returning and rest you shall be saved; In quietness and
18 confidence shall be your strength.’”

19 Isaiah 32:17 (NKJV) 17 “The work of righteousness will be peace,
20 And the effect of righteousness, quietness and assurance forever.”

21 Philippians 4:6-7 (NKJV) 6 “Be anxious for nothing, but in everything
22 by prayer and supplication, with thanksgiving, let your requests be
23 made known to God; 7 and the peace of God, which surpasses all un-
24 derstanding, will guard your hearts and minds through Christ Jesus.”

25 Müller on being anxious: Speaking on “Casting all your care upon
26 Him, for He careth for you,” or some kindred text. “Be careful for
27 nothing,” said Mr. Muller, “is as much a command as “Thou shalt not
28 steal”; and, my friends, if you will carry but one little care for your-
29 self, though it be small as your little finger, God will make it so heavy
30 that it will break your back!”

31 II. Jesus Saw A Great Multitude and Had Compassion

32 Mark 6:34 (NKJV) 34 “And Jesus, when He came out, *saw* a great
33 multitude”

34 John 1:47-48 (NKJV) 47 “Jesus saw Nathanael coming toward Him,
35 and said of him, “Behold, an Israelite indeed, in whom is no deceit!”
36 48 Nathanael said to Him, “How do You know me?” Jesus answered
37 and said to him, ‘Before Philip called you, when you were under the
38 fig tree, *I saw you.*”

39 What did Jesus see?

40 (1) A Great Multitude Of Sick People (Feeding of the 5,000 Jews):
41 Matthew 14:14 (NKJV) 14 “And when Jesus went out He saw a great
42 multitude; and He was moved with compassion for them, and healed
43 their sick.” [Same is mentioned in Luke 9:11.]

44 Compassion

45 Luke 9:11 (NKJV) 11 “But when the multitudes knew it, they fol-
46 lowed Him; and He received them and spoke to them about the king-
47 dom of God, and healed those who had need of healing.”

48 (2) Of Sick People (Feeding of the 5,000 Jews): Matthew 14:14
49 (NKJV) 14 “And when Jesus went out He saw a great multitude; and
50 He was moved with compassion for them, and healed their sick.”
51 [Same is mentioned in Luke 9:11.]

52 Compassion

53 Luke 9:11 (NKJV) 11 “But when the multitudes knew it, they fol-
54 lowed Him; and He received them and spoke to them about the king-
55 dom of God, and healed those who had need of healing.”

56 (3) Of Spiritually Hungry People (Feeding of 5,000 Jews): Mark 6:34
57 (NKJV) 34 “And Jesus, when He came out, saw a great multitude and
58 was moved with compassion for them, because they were like sheep
59 not having a shepherd. So He began to teach them many things.”

60 Compassion

61 Matthew 5:3-6 (NKJV) 3 “Blessed are the poor in spirit, For theirs is
62 the kingdom of heaven. 4 Blessed are those who mourn, For they shall
63 be comforted. 5 Blessed are the meek, For they shall inherit the earth.
64 6 6 Blessed are those who hunger and thirst for righteousness, For
65 they shall be filled.”

66 (4) Hungry People (Feeding of 4,000 Greeks): “Matthew 15:32
67 (NKJV) 32 Now Jesus called His disciples to Himself and said, ‘I

68 have compassion on the multitude, because they have now continued
69 with Me three days and have nothing to eat. And I do not want to send
70 them away hungry, lest they faint on the way.”

71 Compassion

72 Matthew 15:36-38 (NKJV) 36 “And He took the seven loaves and the
73 fish and gave thanks, broke them and gave them to His disciples; and
74 the disciples gave to the multitude. 37 So they all ate and were filled,
75 and they took up seven large baskets full of the fragments that were
76 left. 38 Now those who ate were four thousand men, besides women
77 and children.”

78 (5) Of Relationally-Injured People (Woman at the well): John 4:9-10
79 (NKJV) 9 “Then the woman of Samaria said to Him, “How is it that
80 You, being a Jew, ask a drink from me, a Samaritan woman?” For
81 Jews have no dealings with Samaritans. 10 Jesus answered and said to
82 her, “If you knew the gift of God, and who it is who says to you, ‘Give
83 Me a drink,’ you would have asked Him, and He would have given
84 you living water.”

85 Compassion

86 John 4:13-14 (NKJV) 13 “Jesus answered and said to her, ‘Whoever
87 drinks of this water will thirst again, 14 but whoever drinks of the wa-
88 ter that I shall give him will never thirst. But the water that I shall give
89 him will become in him a fountain of water springing up into everlast-
90 ing life.”

91 (6) Of Condemned People (Woman caught in adultery): John 8:3-5
92 (NKJV) 3 “Then the scribes and Pharisees brought to Him a woman
93 caught in adultery. And when they had set her in the midst, 4 they said
94 to Him, ‘Teacher, this woman was caught in adultery, in the very act. 5
95 Now Moses, in the law, commanded us that such should be stoned.
96 But what do You say?’”

97 Compassion

98 John 8:10-11 (NKJV) 10 “When Jesus had raised Himself up and saw
99 no one but the woman, He said to her, “Woman, where are those ac-
100 cusers of yours? Has no one condemned you?” 11 She said, “No one,
101 Lord.” And Jesus said to her, ‘Neither do I condemn you; go and sin
102 no more.”

103 (7) Of Individuals with Guilty Consciences (Zacchaeus): Luke 19:5-6
104 (NKJV) 5 “And when Jesus came to the place, He looked up and saw
105 him, and said to him, ‘Zacchaeus, make haste and come down, for to-
106 day I must stay at your house.” 6 So he made haste and came down,

107 and received Him joyfully.””

108 Compassion

109 Luke 19:9-10 (NKJV) 9 “And Jesus said to him, ‘Today salvation has
110 come to this house, because he also is a son of Abraham; 10 for the
111 Son of Man has come to seek and to save that which was lost.’”

112 (8) Of Individuals Who had Betrayed Him (Peter): Mark 14:72
113 (NKJV) 72 “A second time the rooster crowed. Then Peter called to
114 mind the word that Jesus had said to him, ‘Before the rooster crows
115 twice, you will deny Me three times.’ And when he thought about it,
116 he wept.”

117 Compassion

118 Mark 16:6-7 (NKJV) 6 “But he said to them, “Do not be alarmed. You
119 seek Jesus of Nazareth, who was crucified. He is risen! He is not here.
120 See the place where they laid Him. 7 But go, tell His disciples—and
121 Peter—that He is going before you into Galilee; there you will see
122 Him, as He said to you.””

123 How does Christ see in your life this evening? Where are you needing
124 His compassion? Spend some time talking to him about where you
125 need His compassion and help in your life?

126 III. Christ Responded

127 A. How did the disciples respond to the needs of the multitude?

128 The disciples, overwhelmed by the need relative to their meagre re-
129 sources, suggested Jesus send the multitude away: “Send Them
130 Away!”: Mark 6:35-36 (NKJV) 35 When the day was now far spent,
131 His disciples came to Him and said, “This is a deserted place, and al-
132 ready the hour is late. 36 Send them away, that they may go into the
133 surrounding country and villages and buy themselves.”

134 How are you responding to the pressures and perplexities of this
135 time—personally and otherwise?

136 B. How did Christ react?

137 Mark 6:37 (NKJV) 37 “But He answered and said to them, ‘You give
138 them something to eat.’ And they said to Him, ‘Shall we go and buy
139 two hundred denarii worth of bread and give them something to eat?’”

140 Matthew 14:16 (NKJV) 16 “But Jesus said to them, “They do not need
141 to go away. You give them something to eat.”

142 C. What is Heaven’s solution?

143 John 6:5-6 (NKJV) 5 “Then Jesus lifted up His eyes, and seeing a

144 great multitude coming toward Him, He said to Philip, “Where shall
145 we buy bread, that these may eat?” 6 But this He said to test him, *for*
146 *He Himself knew what He would do.*”

147 Practical Solution

148 (1) Mark 8:19-20 (NKJV) 19 When I broke the five loaves for the five
149 thousand, how many baskets full of fragments did you take up?”

150 They said to Him, “Twelve.”

151 20 “Also, when I broke the seven for the four thousand, how many
152 large baskets full of fragments did you take up?” And they said,
153 “Seven.”

154 (2) Moses: Numbers 11:13-15 (NKJV) 13 Where am I to get meat to
155 give to all these people? For they weep all over me, saying, ‘Give us
156 meat, that we may eat.’ 14 I am not able to bear all these people alone,
157 because the burden is too heavy for me. 15 If You treat me like this,
158 please kill me here and now—if I have found favor in Your sight—and
159 do not let me see my wretchedness!” ...

160 Practical Solution

161 Exodus 16:4-5 (NKJV) 4 “Then the LORD said to Moses, ‘Behold, I
162 will rain bread from heaven for you. And the people shall go out and
163 gather a certain quota every day, that I may test them, whether they
164 will walk in My law or not. 5 And it shall be twice as much as they
165 gather daily.’”

166 (3) Widow of Zaraphath: 1 Kings 17:13-16 (NKJV) 13 And Elijah said
167 to her, “Do not fear; go and do as you have said, but make me a small
168 cake from it first, and bring it to me; and afterward make some for
169 yourself and your son. 14 For thus says the LORD God of Israel: ‘The
170 bin of flour shall not be used up, nor shall the jar of oil run dry, until
171 the day the LORD sends rain on the earth.’”

172 Practical Solution

173 15 So she went away and did according to the word of Elijah; and she
174 and he and her household ate for many days. 16 The bin of flour was
175 not used up, nor did the jar of oil run dry, according to the word of the
176 LORD which He spoke by Elijah.

177 (4) Elisha During Famine in Gilgal: 2 Kings 4:42-44 (NKJV) 42
178 “Then a man came from Baal Shalisha, and brought the man of God
179 bread of the firstfruits, twenty loaves of barley bread, and newly
180 ripened grain in his knapsack. And he said, “Give it to the people, that
181 they may eat.” 43 But his servant said, “What? Shall I set this before
182 one hundred men?” He said again, “Give it to the people, that they

183 may eat; for thus says the LORD: They shall eat and have some left
184 over.””

185 Practical Solution

186 44 “So he set it before them; and they ate and had some left over, ac-
187 cording to the word of the LORD.”

188 (5) Inhabitants of Samaria During the Syrian Seige: 2 Kings 7:1-2
189 (NKJV) 1 “Then Elisha said, “Hear the word of the LORD. Thus says
190 the LORD: Tomorrow about this time a seah of fine flour shall be sold
191 for a shekel, and two seahs of barley for a shekel, at the gate of
192 Samaria.’ ” 2 So an officer on whose hand the king leaned answered
193 the man of God and said, “Look, if the LORD would make windows
194 in heaven, could this thing be?” And he said, “In fact, you shall see it
195 with your eyes, but you shall not eat of it.”

196 Practical Solution

197 2 Kings 7:6-9 (NKJV) 6 “For the Lord had caused the army of the
198 Syrians to hear the noise of chariots and the noise of horses—the noise
199 of a great army; so they said to one another, “Look, the king of Israel
200 has hired against us the kings of the Hittites and the kings of the Egyp-
201 tians to attack us!” 7 Therefore they arose and fled at twilight, and left
202 the camp intact—their tents, their horses, and their donkeys—and they
203 fled for their lives. 8 And when these lepers came to the outskirts of
204 the camp, they went into one tent and ate and drank, and carried from
205 it silver and gold and clothing, and went and hid them; then they came
206 back and entered another tent, and carried some from there also, and
207 went and hid it. 9 Then they said to one another, “We are not doing
208 right. This day is a day of good news, and we remain silent. If we wait
209 until morning light, some punishment will come upon us. Now there-
210 fore, come, let us go and tell the king’s household.””

211 IV. All These Received Bread From Heaven

212 Deuteronomy 8:3 (NKJV) 3 So He humbled you, allowed you to
213 hunger, and fed you with manna which you did not know nor did your
214 fathers know, that He might make you know that man shall not live by
215 bread alone; but man lives by every word that proceeds from the
216 mouth of the LORD.

217 Nehemiah 9:15 (NKJV) 15 You gave them bread from heaven for their
218 hunger, And brought them water out of the rock for their thirst, And
219 told them to go in to possess the land Which You had sworn to give
220 them. ... 20 You also gave Your good Spirit to instruct them, And did
221 not withhold Your manna from their mouth, And gave them water for

222 their thirst. 21 Forty years You sustained them in the wilderness; They
223 lacked nothing; Their clothes did not wear out And their feet did not
224 swell. 22 “Moreover You gave them kingdoms and nations, And divid-
225 ed them into districts. So they took possession of the land of Sihon,
226 The land of the king of Heshbon, And the land of Og king of Bashan.
227 23 You also multiplied their children as the stars of heaven, And
228 brought them into the land Which You had told their fathers To go in
229 and possess.”

230 Are You Asking For God’s Daily Manna Provision in Your Life? Are
231 You Receiving That Daily Provision?

232 V. What Did We Learn From Our Time Together?

233 A. We want to recognize and appreciate God’s gift of providing the
234 flour and other ingredients that make up bread!

235 Nehemiah 9:15 (NKJV) 15 “You gave them bread from heaven for
236 their hunger, And brought them water out of the rock for their thirst,
237 And told them to go in to possess the land Which You had sworn to
238 give them.”

239 **“The very bread we eat has upon it the image and superscription**
240 **of the cross.”** 10LtMs, Lt 97, 1895, par. 28

241 “In the Saviour’s miracle of feeding the five thousand is illustrated the
242 working of God’s power in the production of the harvest. Jesus draws
243 aside the veil from the world of nature and reveals the creative energy
244 that is constantly exercised for our good. **In multiplying the seed cast**
245 **into the ground, He who multiplied the loaves is working a mira-**
246 **cle every day. It is by miracle that He constantly feeds millions**
247 **from earth’s harvest fields.** Men are called upon to co-operate with
248 Him in the care of the grain and the preparation of the loaf, and **be-**
249 **cause of this they lose sight of the divine agency. The working of**
250 **His power is ascribed to natural causes or to human instrumental-**
251 **ity, and too often His gifts are perverted to selfish uses and made a**
252 **curse instead of a blessing.** God is seeking to change all this. He de-
253 sires that our dull senses shall be quickened to discern His merciful
254 kindness, that His gifts may be to us the blessing that He intended. **It**
255 **is the word of God, the impartation of His life, that gives life to the**
256 **seed; and of that life, we, in eating the grain, become partakers.**
257 This, God desires us to discern; He **desires that even in receiving our**
258 **daily bread we may recognize His agency and may be brought into**
259 **closer fellowship with Him.”** Ed 107.3-Ed 108.1

260 When you are enjoying that slice of bread, I hope you will forever rec-

261 ognize in that slice of pleasure that you are holding a special gift from
262 God.

263 B. We must ask for God's bread.

264 "But though the Lord has freely given us all things richly to enjoy, **yet**
265 **it is essential that we pray to Him in order that He may bestow**
266 **upon us His gifts.** There is no uncertainty as to what will be the result.
267 The promise is, "Ask, and ye shall receive." [John 16:24.] Watch unto
268 prayer, and be assured that the representatives of Christ are close be-
269 side you." 10LtMs, Lt 97, 1895, par. 28 and 29

270 B. We want to recognize and appreciate the loaf that someone
271 prepared.

272 In the texts we studied, we learned about heaven's provision of the fin-
273 ished product. In the class that follows we will learn about how the
274 loaf is prepared. The point is that someone did the work to prepare
275 healthful bread, which is not to be taken for granted. Notice...

276 **"It is a sacred duty for those who cook to learn how to prepare**
277 **healthful food. Many souls are lost as the result of poor cookery. It**
278 **takes thought and care to make good bread; but there is more reli-**
279 **gion in a loaf of good bread than many think.** There are few really
280 good cooks. Young women think that it is menial to cook and do other
281 kinds of housework, and for this reason many girls who marry and
282 have the care of families have little idea of the duties devolving upon a
283 wife and mother." MH 302.2-MH 302.3

284 **"Let not the work of cooking be looked upon as a sort of slavery.**
285 What would become of those in our world if all who are engaged in
286 cooking should give up their work with the flimsy excuse that it is not
287 sufficiently dignified? **Cooking may be regarded as less desirable**
288 **than other lines of work, but in reality it is a science above all oth-**
289 **er sciences. Thus God regards the preparation of healthful food.**
290 He places a high estimate on those who do faithful service in prepar-
291 ing wholesome, palatable food, and **whoever uses this knowledge, is**
292 **worthy of higher commendation than those engaged in any other**
293 **line of work. This talent should be regarded as equal in value to**
294 **ten talents;** for its right use has much to do with keeping the human
295 organism in health. **Because so inseparably connected with life and**
296 **health, it is the most valuable of all gifts."** SW October 30, 1901,
297 6,7

298 *Learn more about prayer at discipleheart.com*