How To Re-Charge Your Spiritual Battery
Mark 6:30-32 (NKJV)

Please turn with me in your Bibles to tonight’s scripture text in the Gospel of Mark, chapter six.

Mark 6:30-32 (NKJV)

30 Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught.

31 And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat.

32 So they departed to a deserted place in the boat by themselves.

P R A Y E R

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How many of you have a cell phone? Cell phones are pretty amazing little gadgets when you stop and think about it.

- **IT'S A TELEPHONE** that allows me to make calls and receive them.

- **IT'S A CAMERA** that allows me to take pictures. And **IT'S A PHOTO ALBUM** that allows me to store those photos.

- **IT'S AN ANSWERING MACHINE** that allows people to leave voice messages when I'm unable to answer my phone.

- **IT'S A COMPUTER KEYBOARD** that allows me to type text messages and receive text messages from others.

- **IT'S A CLOCK AND CALENDAR** that allows me to check the date and time any time I want.

- **IT'S A FILING CABINET** that holds records of every phone call I make, every call I receive, every phone call I miss, and every text message I send or receive.

- **IT'S A PORTABLE TELEPHONE BOOK** that has the names and telephone numbers of people I might need to call.

- **IT'S A CALCULATOR........A STOP WATCH........A TIP CALCULATOR**, a **UNIT CONVERTER** and so much more!

And this is one of the old “flip phones.” Some of you have the “Wireless G” phones that can do incredibly more.

But regardless of whether you have a simple or sophisticated cell phone, there is a common aggravation that all of us has experienced. I’m talking about **THE DEAD BATTERY!**
It’s a familiar scene……

You’re right in the middle of a conversation on your cell phone, then all the sudden you hear a couple of obnoxious beeps. You look at the battery icon on your cell phone screen and you see a flashing charge symbol or a battery symbol with no power bars left. Then “just like that” your screen goes dark and your call comes to an abrupt end! YOUR BATTERY IS DEAD!

Fortunately for us, there are these things called “cell phone chargers” that allow us to re-charge the battery and bring our cell phone back to life!

TRANSITION

In many ways, “our spiritual life” is a lot like a cell phone battery.

There are times when our “spiritual battery” is fully charged. We’re into the word …..our prayer life is healthy …..our spiritual appetite is good……our passion and enthusiasm are running high.

But then there are times when our “spiritual battery” is low or even dead. We have no hunger for the word. We spend little or no time in prayer. Our spiritual passion is gone. And we’re just going through the motions in our spiritual life.

It’s times like that we need to “Re-charge Our Spiritual Battery.”

But the question is, HOW? How do we re-charge or re-energize a dull, lifeless, spiritual life? How do we get out of a rut and restore life and passion to our spiritual life?

Jesus gives us some wonderful insight here in Mark chapter six!
First of all we need to know........

I. Jesus CARES When Our “Spiritual Battery” Is Dead (vs. 30,31)

1. To get a better understanding of what is going on here, let’s back up and read VERSES 7-13.

Mark 6:7-13 (NKJV)

7 And He called the twelve to Himself, and began to send them out two by two, and gave them power over unclean spirits.

8 He commanded them to take nothing for the journey except a staff—no bag, no bread, no copper in their money belts—

9 but to wear sandals, and not to put on two tunics.

10 Also He said to them, “In whatever place you enter a house, stay there till you depart from that place.

11 And whoever will not receive you nor hear you, when you depart from there, shake off the dust under your feet as a testimony against them. Assuredly, I say to you, it will be more tolerable for Sodom and Gomorrah in the day of judgment than for that city!”

12 So they went out and preached that people should repent.

13 And they cast out many demons, and anointed with oil many who were sick, and healed them.

1. Sometimes we forget that Jesus’ disciples were common, ordinary people just like you and me.

2. Many times these guys missed the point of what Jesus was teaching. Some times they said the wrong thing or did the wrong thing or reacted the wrong way in certain situations.
3. The disciples knew moments of spiritual brilliance and moments of absolute spiritual failure. These were the men Jesus sent out to “turn the world right side up” with the gospel.

4. Now some time had passed between the time Jesus sent His disciples out to preach and teach the gospel and when they returned in VERSE 30. It was during that period of time John the Baptist was beheaded in prison at the order of Herod Antipas. We read about this in verses 14-29.

5. Then picking up the record once again in verses 30, 31 we read………..

30 Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught.

31 And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat.

6. Now I want you “catch this!” While the disciples are telling Jesus about all the preaching and teaching and healing they had done on behalf of His Kingdom, Jesus is focused on something else, and that is their “spiritual and physical well-being.”

7. Jesus saw something that deeply concerned Him. And that was that His disciples had gotten so “busy” ministering to others, they were neglecting their own needs, so much so that THEY WERE NEGLECTING TO FEED THEMSELVES!
8. One of the sure “warning signs” that our spiritual battery is getting low or is about to crash is **WHEN WE NEGLECT TO FEED OURSELVES SPIRITUALLY.**

When we neglect to feed ourselves from God’s word each day......and we neglect to spend time in prayer each day......and neglect to rest and meditate upon the greatness of God each day, it is only a matter of time before our “spiritual battery is totally drained” and we lose our spiritual effectiveness!

9. No one understands that more than Jesus! Jesus understands the importance of working hard and being about His Father’s heavenly business, but He also understands how vitally important it is that we have “seasons of physical, spiritual and emotional refreshment” if we are to remain “spiritually effective.”

10. So what did Jesus counsel His disciples to do? He counseled them to do exactly what He would do.

Let’s look at.........
II. Jesus’ CURE For A Dead “Spiritual Battery” (vs. 31,32)

31 And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat.

32 So they departed to a deserted place in the boat by themselves.

1. The late Vance Havner used to say, “If you don’t come apart and rest, you’ll eventually come apart.”

2. Jesus Himself knew the value of solitude.

LUKE 5:16 (NKJV) says of Jesus, “So He often withdrew into the wilderness and prayed.”

When Luke says “He often WITHDREW” he means Jesus often “withdrew” from people. At times, Jesus had to “withdraw” from the multitudes of sick and diseased who clamored for His healing. At times, Jesus had to “withdraw” from His own disciples.

Jesus didn’t do this because He couldn’t stand people, in fact just the opposite. Jesus knew that in order to maintain His own spiritual vitality and to continue to effectively minister to others, He needed some “alone time.” And it was during this “alone time” Jesus re-charged His spiritual battery by getting away from DUTY and DISTRACTIONS for a period of time, and spending time RESTING, RELAXING and PRAYING to His heavenly Father.
3. If Jesus re-charged His spiritual battery by “going off alone to a quiet place of solitude for awhile” doesn’t that tell us to re-charge our own spiritual battery we need to do the same?

4. When your cell phone battery goes dead, what do you do? You connect it to “the charger,” “the power source” and leave it alone for awhile.

5. When our “spiritual battery” runs low or dies, we must do the same. We must “get alone for awhile and re-connect with our heavenly Father, our “spiritual” power source.

6. One practical way we can “get alone with God” is to “unplug” from the world and “plug in” to God for awhile each day!

   Its really hard to stay “spiritually charged” when your mind is being drained by the television, and the internet, and cell phones, and iPODS all day long.

   Studies have shown that since the Internet gained widespread usage back in the mid-1990’s, our ability to concentrate and our attention span has been greatly diminished.

   If you’re really struggling to concentrate when you sit down and try to read your Bible or pray, try “unplugging” yourself from the “electronic gadgets” for awhile and see if that doesn’t help. Take an “electronics fast!”

7. Another practical suggestion would be to take in more GOOD news and less BAD news.

   Let’s face it, “bad news” grabs our attention! And those who work in the news media know that about our human nature. And so the bulk of the news we get from TV, radio, newspapers and magazines is “bad news,” “troubling news” “negative news.”
Did you ever stop to consider the effect all that bad news has on our “spiritual life?” I mean, if I fill my mind every day with “bad news” about war and terrorism……and how bad the economy is……and all the political corruption that is going on……and all the crimes that are being committed…..and all the bad health reports that have just been released...........the end result of feeding my mind on a steady diet of “bad news” is going to be that I will become more discouraged and depressed and my “spiritual battery” will be drained, especially if I don’t balance my intake of all that “bad news” with a healthy dose of good news from God’s word each day.”

Proverbs 23:7 says, “For as a man thinks in his heart, so is he.”

CONCLUSION

In closing I would like to share something with you written by the late L.B. Cowman in her classic devotional book, “Streams In The Desert.” Listen closely!

“We would be better Christians if we spent more time alone with God and we would actually accomplish more if we attempted less, and spent more time in isolation and quiet waiting upon God. The world has become too much a part of us, and we are afflicted with the idea that we are not accomplishing anything unless we are always busily running back and forth. We no longer believe in the importance of calm retreat where we just sit silently in the shade. As the people of God, we have become entirely too practical. We believe in “having all our irons in the fire” and that all the time we spend away from the anvil or fire is wasted time. Yet our time is never more profitably spent than when we set aside time for quiet meditation, talking with God, and looking up to heaven. We can never have too many of these open spaces in life----hours set aside when our soul is completely open and accessible to any heavenly thought or influence that God may be pleased to send our way.” (Streams In The Desert by L.B. Cowman, p.477, Zondervan Publishing House, Grand Rapids, MI, Copyright 1997)

If your “spiritual battery” is drained or dead, Jesus invites you tonight to “Come aside by yourself to a deserted place and rest for awhile.”