

GET AWAY AND PRAY

by Laura Shaw

[Luke 5:15-16](#)

“Yet the news about Him spread all the more, so that crowds of people came to hear Him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.”

When was the last time we traveled from place to place spreading the gospel and healing people of their diseases? I'm sure it is no surprise to any of you that I can say I've NEVER done these things, but can we still relate to this verse? I believe we can. Jesus gives us all as Christians certain ministries, whether at work, at home, at church or in our communities.

Sometimes I feel as though I'm traveling from place to place to place to place doing what He's called me to do. And I get tired, I get overwhelmed, I get stressed...it's part of life. Because Jesus had what I like to call the "perfection advantage," we can see what the perfect response is to a busy lifestyle. It's right there in the verse. "But Jesus OFTEN withdrew to lonely places and prayed." Sometimes I mistakenly think that the only way to achieve this is over a week long vacation at the beach or in the woods somewhere, but I highly doubt Jesus had too many of those secluded moments. He took opportunities right where He was to get away, to withdraw, AND to spend it praying to His Father.

It sounds simple, doesn't it? Yet it is so easy to let time alone with Him go as soon as life gets too busy or too stressful. The irony is that we need our little talks with Jesus even more so when the hectic pace kicks in. This is truly a discipline that comes from God Himself, and we have to ask Him to give us the "want-to" when it comes to developing it. Once we do, we'll have a difficult time doing without it.

Whether it's a moment in the car, an hour in our comfy chair, or a walk on a trail through the park, we can withdraw and pray. It was Jesus' perfect response to an imperfect world of neediness during the busyness of ministering to people. Let's take the opportunity to follow His example this day and every day as we minister in all His ways.

Lord Jesus, thank You for setting this example of withdrawal from all the things that distract us from coming to You. We confess that we don't always work it into our lives, Lord, and we need Your help to do so. Give us the desire, the discipline and the dedication to this principle, God, and in doing so, may we be filled, refreshed and renewed to carry on with our commitments. In Jesus' name, Amen.

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