



**DAILY READING:**  
Mark 4:35-36

**After work, your** mom or dad may come home and say, “I need some peace and quiet!” He or she is tired! Do you know that the Lord Jesus became tired, too?

**MARK 4:35-36** On that day, when evening had come, he said to them, “Let us go across to the other side.” <sup>36</sup>And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him.



### THINK ABOUT IT!

Jesus had been teaching crowds of people by a big lake all day long. He must have been very tired! What did He ask the disciples to do?

Why did Jesus want to leave the crowd behind?

Jesus knew He and His disciples needed rest. Jesus needed time with God the Father too. He enjoyed spending time with the Father, but He also shared His needs with Him. God the Father was Jesus’ refuge, His place of safety.

Psalm 46:1 says, “God is our refuge and strength, a very present help in trouble.” God would give His Son strength and help. This promise is for you, too, if you are God’s child. What does it say God will be in your time of trouble?



**PRAY**

Thank God that He is always ready to give you the help and strength you need.