



The Fruitful, Inside-Out Life of Jesus

The Gospels reveal that Jesus prioritized regular rhythms of retreat, Sabbath, and quiet time. These rhythms gave him focused time to rest, pray and have special communion with the Father and the Spirit. This lifestyle was a mark of the Spirit-filled life of Jesus and fueled the fruit that flowed from him.

Here are a few notable examples from the life of Jesus:

Retreats:

Jesus did an extended spiritual retreat before starting his public ministry:

In Mark 1, The Spirit led Jesus into a forty-day period of spiritual retreat in the wilderness. It was here in the silence and solitude that Jesus was both tempted by the Enemy and ministered to by angels. Luke adds that Jesus emerged from this retreat in the power of the Spirit.

Mark 1.12 At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

Luke 4.14 Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside.

Jesus went on an overnight spiritual retreat before making big decisions:

As he prepared to make a big decision about who to select as the 12 Apostles, Jesus retreated to a mountain. There in the midst of nature's beauty, he spent the night praying about who to select

Luke 6.12-16 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles: Simon (whom he named Peter), his brother Andrew, James, John, Philip, Bartholomew, Matthew, Thomas, James son of Alphaeus, Simon who was called the Zealot, Judas son of James, and Judas Iscariot, who became a traitor.

Jesus went on a retreat in a season of grief and loss.

In Matthew 14, after hearing the news of John the Baptists death, Jesus took time to retreat and process the grief and loss.

Matthew 14.13 When Jesus heard what had happened, he withdrew by boat privately to a solitary place.

Jesus called his disciples to a retreat to rest after a season of heavy ministry.

Mark 6.30-32 The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place.

Jesus led his disciples on a retreat in order to give them revelation.

Mark 9.2-4 After six days Jesus took Peter, James, and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them. His clothes became dazzling white, whiter than anyone in the world could bleach them. And there appeared before them Elijah and Moses, who were talking with Jesus.

Weekly Sabbath

Jesus took time to celebrate the Sabbath weekly.

In Luke 4, we see that Jesus practiced weekly Sabbath:

Luke 4.16 He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom.

In Jewish culture, Sabbath was marked by stopping, resting, delighting in God, and delighting in God's works. In Jesus's day, the weeks were oriented around the Sabbath rhythm.

Jesus taught his disciples that Sabbath was a gift from God for humanity

Mark 2.27 Then he said to them, "The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath."

Jesus showed his disciples that in Sabbath God was giving a gift *for them*, and that Sabbath was not a heavy religious burden to take *from them*.

Regular Quiet Times

Jesus enjoyed a quiet time after a night of ministry:

In Mark 1, after a night of ministry and in amidst the pressing demands of people, Jesus withdrew early in the morning to Jesus retreated to be alone.

Mark 1.35-37 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!"

Jesus often engaged in quiet times in the midst of times of ministry.

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.

Jesus taught His Disciples to enjoy regular quiet times

Matthew 6.5 “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”

Big Idea

Jesus lived an inside-out lifestyle, where his doing flowed out from His being with the Father and the Spirit. In studying the Gospels, it is clear that he ordered his life around times to be alone to rest and commune with the Father and the Spirit. He also passes this example on to his followers as the key to a fruitful life.



John 15.5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me, you can do nothing.

We have put together guides for retreats, Sabbath and quiet time to help you enter into these rhythms as Jesus’s apprentices.

You can find guides for each at EncounterJesus.life/resources