



Jesus Teaches the Disciples Not to Become Empty Vessels

Mark 6:30-34

By Mary Ann Collett

The disciples needed to go to an out of the way place to rest (they were burnt out). So, Jesus created a place for prayer and conversation for them. They did not have any time to eat or rest (they were too busy working).

Jesus teaches them the importance of leisure...*not to become empty vessels*. He has love, compassion, mercy and concern for His disciples. He calls them together in relationship and conversation.

Many of us are like the disciples because our lives are too busy most of the time, disordered, fragmented and unfocused. We are continuously on the run moving from one thing to the next without meaning or purpose.

Even our schedules can be over crowded with personal and family obligations, work, meetings, appointments, social engagements and an endless list of things to do.

How many times have we experienced being overwhelmed with stress, anxiety and chronic fatigue that we become numb inside our bodies? We lose sight of who we are! We cannot think straight or we cannot feel the pain and suffering of others. We live on empty and operate in survival mode. We are unable to offer love, mercy, compassion and peace to those around us.

HOW CAN WE PREVENT...NOT BECOMING EMPTY VESSELS?

Timing affects everything we do in life. Learning to understand where God wants us in every season of life is essential. Ecclesiastes 3:1 says, ***“For everything there is a season, and a time for every matter under heaven.”***

Also, found in the Gospel message of ***Mark 6:30-34***, is a healing remedy for busy people who can lose sight of what is really important in life.

Perhaps we can use this weekend (time) as an opportunity for leisure. To go to church or a quiet place to thank God for the gifts of life, faith and mercy.

It helps to spend more time in prayer (pray, pray, pray) and reflection on the Word of God is also helpful (especially when we put the Word into action). To focus on our lives and to give love, compassion, peace to ourselves and all those in need.

Most importantly, to renew our relationship with Jesus in love and surrender while being quiet and listening for His still small voice to lead us.



Mary Ann Collett is the proud mother of 3 married daughters and 8 grandchildren. She is an inspiring and dynamic Catholic Lay Evangelist; whose gift is to intertwine Scripture and personal stories. Mary Ann Collett, MSW, MA, CLEM, LLC, is a Bereavement Counselor, Life Coach, Pastoral Care Counselor, Spiritual Director, Support Group Leader, and Speaker for Retreats and Workshops. She is in private practice in Red Bank. Mary Ann has been in the Healing Ministry for over 37 years.

She is the co-founder of the thriving ministry Catholic Women of Zion celebrating their 32nd year in 2021. She has traveled nationally and internationally to spread the message of the Kingdom of God through the power of the Holy Spirit.