

Vacation From Life But Not Jesus: Release

1 Peter 5:6–7

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June 7, 2026 the third unofficial weekend of summer. It is vacation season. I've taken my vacation and went to see my family. Some of you may take a week or two or more off as vacation. Others may take vacation a few days at a time.

The reason we take this time off from our daily routine is to release the stress, get some rest, reconnect, and to be renewed. I admit that I have taken many vacations and never experienced any part of release, rest, reconnection or renewal. I've gone on vacations and read books about my ministry and thought about the applications. I've been on vacations when I planned out every detail to keep our sons busy, and then very little followed my plan. I've taken time off only to spend time worrying about what I needed to do when I return.

Any time that you and I go on vacation but don't find release, rest, reconnection and renewal we have wasted our time.

The Bible has almost nothing to say about vacations as we know them. Scripture was written when people didn't get paid time off for a vacation. The Bible does say a lot about release, rest, reconnection and renewal. So let's start with the words from a friend of Jesus named Peter.

1 Peter 5:6 (NIV) Humble yourselves, therefore, under God's mighty hand

Vacations are great, but you have to let go of all your worries. Vacations are about you relaxing. As your mentor, your shepherd or your pastor I'm interested in you letting go of your worries. The whole idea behind a vacation is this release. Release your burdens and your worries. Worry vacations aren't vacations, they're just more worry.

Everybody has worries. We worry about this, that, or the other thing. We often can't remember the other thing. But we worry about it. So, although, I'm talking about vacations I'm also talking about worry, anxiety, stress. You can be young or old, working or retired, busy or bored and still worry. Vacations are for relaxing.

One of my friends told me a long time ago that when you go on vacation vacate from your daily life. Leave behind the worries, the stress, the anxiety. Easier said than done. There are people who can turn off their worry switch. There are people who don't know that there is a worry switch. Either way, if you don't do something with your worry, it will burn you like the sun on a beach. It will drag you down like an anchor on a ship. It will suck the life out of you like a big balloon. It will eat away at you like tapeworm. Yuck, right?

God doesn't want this for us either. God's desire is that we would be free from the stress, the worries, the burdens in life. God knows that we need rest. God knows that we need to reconnect. God knows that we need to be renewed. Vacations aren't vacations if you don't find a release from your worries.

Life, day to day stuff, wears us down. It is wearisome. Here is the irony. You find freedom from your worries and burdens by being humble toward God. Our minds aren't set up to be humble. Our minds,

our lives are set up to be proud, to be self-sufficient. The very need for a vacation and release from the stress of life, is self-imposed. We work hard to prove ourselves worthy, to accomplish things, to be proud of our accomplishments.

So, we don't need to help with a vacation. I have a friend who is a travel agent. Yes, they still exist. She makes vacations less stressful for people. But most of us plan our vacations, or go on vacation and never find release from our stress. It's because we aren't humble before God. We think we don't need God to go on vacation. We think we don't need God to go through daily life.

1 Peter 5:6 (NIV) Humble yourselves, therefore, under God's mighty hand.

Is it possible that your vacation is missing someone, maybe His name is Jesus? No matter where you go or what you do, you must always be under God's mighty hand. This is what I'm trying to say, but I'm talking about vacations. If you go to Gettysburg or Mohican, the Gulf or the ocean, the mountains or the city you need to be under God's mighty hand.

It's an irony that I need to tell this to you. When life gets crazy everyone wants the hand of God in their life. People want God to take away the problems. They want God to heal a disease, a broken bone, the split ends of hair on their heads. They want God to fix their boss, their neighbors, their kids. They want God to take away their leaking pipes, fix their broken car, and fix their finances.

But, at any other time the hand of God is not welcome. The hand of God is oppressive to some people. The hand of God is controlling for some folks. The hand of God is no fun allowed. People don't want that type of hand on vacation, during the week, or at anytime. Is it any wonder people don't want God in their lives? If you think the mighty hand of God will stymie your lifestyle then you don't want to be under it. If being under God's hand is offensive to you, then you would never want the Lord to be in your life? If that's all that God's mighty hand is good for then God can keep His hands to Himself.

Is there some part of you that says, God keep your hands off of this or that or the other thing? Is there an area of your life where you'd rather not even experience the finger of God? Maybe it's at home, at work, or even on your vacation.

Start thinking about being under a shield of protection and directions. Think of being humble under the mighty hand of God's protection. Just focus there for a minute. Wherever you are, whatever you are doing you can be under the mighty hand of God. That is under His protection and direction.

This is not under the protection of an umbrella or tent. It isn't under the protection of a roof made of metal or under a rock or in a cave.

But this is under the mighty hand of God. This is the hand of God that formed you and knit you together. This is the hand of God which defeats armies. This is the hand of God that put the stars in the skies. This is the hand of God which touches blind eyes and makes them see.

I'm suggesting that you want to be under the mighty hand of God. You don't want to be out on your own. You don't want to be on your own during a thunder and lightening storm. You don't want to be in small boat in the middle of the lake with the waves crashing into the boat. You don't want to be in your car without the mighty hand of God, do you? You don't want to be at your job without the mighty hand of God, do you? You don't want to be sleeping in your bed at night without the mighty hand of God, do you?

So, if you go to the beach, be humble and ask for God's mighty hand to be over you. When you head out to the mountains, to the forest, to the river be humble and ask for God's mighty hand to be over you. While you're sightseeing, hiking, working around the house be humble and ask for God's mighty hand to be over you.

1 Peter 5:6 (NIV) that he may lift you up in due time.

When I take Jesus on vacation with me, I find a release from the stress. During too many of my vacations I have not experienced release from the stress. This is because I didn't humble myself under God's mighty hand. I tried to find release from my stress by sitting under the sun on the beach. I got sunburned. I tried hiking through the mountains. I became dehydrated. I tried planning every step of the vacation. The kids didn't want to do anything I planned.

I tried setting up the tent under the shade of palm trees. Did you know that palm trees aren't trees, their bushes? Well, anyway the racoons got in the tent, opened the cooler and got into a fight on my sleeping bag. I didn't need a sleeping bag it was eighty degrees at midnight. Foolishly I moved the tent to another site and there were ants everywhere. You understand that at no time during these vacations did I humble myself under God's mighty hand. I continued time after time trying to be in charge.

I can't expect God to lift me up unless I humble myself under His hand of protection. As I look back to my own foolishness I realize Jesus was just waiting for me to say, I can't do this, I need Your hand to be upon me. My wife's life would be so much better if I would humble myself under God's hand. My life would be so much better if I would humble myself under God's hand.

Anytime you are under God's mighty hand and humbled before God, you can find release from your stress. You can find power for your life. You can find peace in any situation. You can hope in any circumstance.

It is in our willingness to be humble before God that we are lifted up. You might think being lifted up is being successful, wealthy, healthy, and you may not be wrong. But, that leads to thinking that faith in God, trusting Jesus is about your own physical needs and wants. That is a slippery slope, a dangerous place, a set up for emotional disappointment.

To be lifted up by God is to be saved, redeemed, and delivered. Yes, I'm talking about the ongoing salvation of your soul. When God lifts me up, He is saving me from my own desires, my pride. As God lifts me up, He is redeeming me from the old sins I willingly refuse to release. While God is lifting me up, He is delivering me to a new pattern of thinking, a new attitude about Him and my life, a new way living my life.

But, the Lord won't lift us up until the right time. You don't know that timing. God knows it. God is waiting for you through various experiences with your family, at work, and on vacation as you continually humble yourself. It is in the on going practice in a variety of situations that you are humble before God.

I'm not talking about woe is me, my life is terrible. That's not being humble before the Lord, that's self-pity. Being humble before the Lord is proclaiming God as your Savior, your Redeemer, your Deliverer.

1 Peter 5:7 (NIV) Cast all your anxiety on him because he cares for you.

Repeat after me: Jesus loves me, here are my burdens. Whether you are on vacation, at work, or at home remember Jesus loves you. Pity makes you think your life is terrible even if you're on vacation or facing medical issues.

Being humble is remembering Jesus loves you no matter your circumstances. Being humble is remembering Jesus loves you regardless of the stupid mistakes you make. Being humble is telling yourself that you are loved by your Savior and Lord. Being humble is willingly giving Him every burden, every care, every worry in your life.

I will say this again and again, keep telling Jesus your burdens until He lifts you up. This is not about God's power to lift you up. God has the power to raise the dead, create the world, breathe life into your lungs. This is about you humbling yourself and trusting Jesus.

You can be fixing a broken pipe under the bathroom sink or talking your kids down from their anxiety, you need to tell Jesus your burden and be humble enough to trust Him with it. He still loves you and is seeking what is good for your life.

Two of our biggest problems as people are problems we create and our unwillingness to trust Jesus in the first place. Maybe that's not true for you, but I know it's true for me. I also know that it's true for people everywhere I go. I see it over and over. We make choices, usually pursuing what we want, and soon trouble happens. We then try to fix the problem without God's mighty hand being upon us.

There is a word for this. It's a word people don't like to hear. People don't want to admit it. People aren't willing to take responsibility for it. The word is sin. Every time and in every situation that I fail to humble myself under the mighty hand of God, I am sinning. This is no different than any other person. Can you see how pervasive sin is?

Every burden and every sin must be released to Jesus or you will never find the release you need. I had you say earlier, Jesus loves me and here are my burdens. I'm serious about your need to announce to your self and to Jesus that He loves you. Jesus doesn't need to be reminded that He loves you, He loved you before you were born, before the world was created.

Jesus' love for you empowered Him to leave heaven and live on this earth just like you and me. Jesus' love for each one of us empowered Him to become our sin, pay the penalty for our sin by dying for our sin. Jesus' love empowered Him to rise from the dead and advocate for you with the Father in heaven.

Every person who believes Jesus is their Savior and Lord is redeemed from sin's power and delivered to a new life. Each individual that trusts in Jesus is released from sin's power and empowered to live for Jesus every day.

You can live for Jesus in your home, with your family. You can live for Jesus at your job and with your neighbors. You can live for Jesus when you go on vacation. Call out to in every situation Jesus loves me. Here are my burdens.