

Slow is Beautiful Mark 1:29-42

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²⁹As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. ³⁰Simon's mother-in-law was in bed with a fever, and they told Jesus about her. ³¹So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.

³²That evening after sunset the people brought to Jesus all the sick and demon-possessed. ³³The whole town gathered at the door, ³⁴and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

Jesus Prays in a Solitary Place

³⁵Very 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. ³⁶Simon and his companions went to look for him, ³⁷and when they found him, they exclaimed: "Everyone is looking for you!"

³⁸Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." ³⁹So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

A Man With Leprosy

⁴⁰A man with leprosy^[1] came to him and begged him on his knees, "If you are willing, you can make me clean."

⁴¹Filled with compassion, Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" ⁴²Immediately the leprosy left him and he was cured.

Sermon Outline

- I. Our culture is obsessed with speed and acceleration
 - a. As a result, our lives are marked by hurriedness and superficiality
 - b. "The greatest enemy to the spiritual life is hurry" – John Ortberg
 - c. Contemplative spirituality definition: Slowing down to be present with God, ourselves, and others.
- II. Mark 1:29-42
 - a. Jesus is in great demand because of his healing ministry
 - b. People come from everywhere to see him
 - c. In the midst of the demands and frenzy, Jesus pulls away to be with the Father.
 - d. Out of that place of centeredness, Jesus heals out of compassion

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- III. Jesus models contemplative spirituality by:
- a. Having his life marked by rhythm instead of rushing
 - b. Having his rhythm sustained by embracing his limits

Small Group Questions

1. What thoughts, feelings, or questions do you have after reading this passage or listening to this sermon?
2. John Ortberg has said “The greatest enemy of the spiritual life is hurry.” Do you agree with this statement? Why or why not?
3. When we rush or speed, we skim the surface, and fail to make real connections with God, ourselves and the world around us. When has this been true in your life recently?
4. If you were placed in Jesus’ position with all these people looking for help, how do you think you would have responded? What does this say about yourself?
5. How do you feel about Jesus decision to pull away, even in the face of so many needs? How would you have responded to him if you were one of his disciples?
6. While there are legitimate reasons to rush (emergencies, running late, etc.) many times we keep a hurried pace to avoid deeper issues. As you think of your life, is there anything that you might be avoiding by going at a high pace?
7. Jesus’ rhythm is sustained by embracing his limits. Is embracing your limits hard for you? Why or why not?
8. Rich gave an illustration of all the things he’s tried to squeeze in his luggage. If you had to show everyone your luggage, what would be in it? Would it be bursting out the seams?
9. What are some ways that God is inviting you to live a life of rhythm and limits? What are the next 2-3 steps you need to take?
10. Break into groups of 2-3, share prayer requests, and pray for each other.