

Jesus is King | A Series through the Gospel of Mark

The Notes You Don't Play

Text: Mark 1:35-39

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. And Simon and those who were with him searched for him, and they found him and said to him, "Everyone is looking for you." And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out." And he went throughout all Galilee, preaching in their synagogues and casting out demons.

Synopsis: Jesus was a contemplative, who frequently stepped away from the action to be with his father. It was out of these times alone that he ministered in power and from healthy limits.

The Need to Replenish

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. (Mark 1:35)

Sometimes it's the notes you don't play that matter most.

The Pressure to Keep Going

And Simon and those who were with him searched for him, and they found him and said to him, "Everyone is looking for you." (Mark 1:36-37)

- Demands are high and our ability to give is low.

And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out." (Mark 1:38)

- Jesus had the gift of limits.

He pulls away from the noise to stop, slow down, and be present with his Father. He does this at every turning point...

- In response to tragic news (Matt. 14:12-13)
- In order to pray (Matt. 14:23, Luke, 5:16)
- In company with his closest companions (Matt. 26:36-46)
- To prepare for ministry (Mark 1:12)
- Amid the demands of ministry (Mark 1:32-39)
- In seeking guidance for making major decisions (Luke 6:12-13)
- To elude the crowd's attempts to control the events of his life (John 6:15)

- True solitude is being present to God.

For God alone my soul waits in silence; from him comes my salvation. (Psalm 62:1)

The Power of Limits

Depth comes before impact.

And he went throughout all Galilee, preaching in their synagogues and casting out demons. (Mark 1:39)

- Healthy limits lead to deep connection, not isolation.
- Healthy limits lead to vibrant activity not apathy.

Ask God: What are the notes you don't want me to play?

Questions:

1. Priorities (What's most important right now?)
2. Limits (What must you say "no" to?)
3. Prayer (How are you connecting with God without an agenda?)