

Kaleo Church
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Mark 1:21-39

A Day in the Life of Jesus

by Tim Cain

Today more than at any time in history we live in a culture that is obsessed with celebrities. One article I read argued that the defining characteristic of the millennial generation is their obsession with celebrities.¹ Millions of people follow celebrities on twitter, they buy magazines to find out what celebrities like and what they eat and where they vacation and who they are dating. Even if you are one of those people who think that this obsession is dangerous the truth is that all of us have someone famous that we admire, someone that we would love to know more about if we could.

Think about it, if you could be a fly on the wall and just watch someone go about there day and really see what they are like, isn't there someone out there that you would really enjoy learning more about? And of course what better way to really get to know someone then to get to spend an entire day with them and see what their normal life was actually like.

Well tonight we get an amazing opportunity. Tonight we get an up close look at 24 hours in the life of the most famous person who has ever lived.

Now there is no doubt that Jesus is the most famous person who has ever lived. Currently 2.3 billion people claim to worship him. Nearly 30 million people search for his name on google every single month, double that of the second most famous person in the world. Of the 130 million books that have been written and have survived throughout history, over 40% of those books are about Jesus.

And tonight Mark is going to give all of us an up close and personal look at 24 hours in the life of Jesus. And its not just any day that Mark is going to tell us about, tonight Mark is going give us a glimpse into the way that Jesus fame actually started.

So lets turn to Mark 1:21 and see what happens.

It's a Saturday morning in Capernaum, Saturday was the Sabbath day so the Jews would have gathered together in the synagogue much the same way that we gather together to go to church. Mark tells us that Jesus entered the synagogue and he began to teach.

So far there are no surprises it wasn't uncommon for different Jewish men to have opportunities to teach in the synagogue.

But Mark tells us that it wasn't long before everyone began to recognize that something was different. In verse 22 he tells us that the people were "Astonished at Jesus teaching."

¹ <http://elitedaily.com/life/generation-y-obsessed-celebrity/644403/>

And what astonished them was the authority that he taught with. It wasn't an authority that came from his position, Jesus didn't have any formal position, it wasn't an authority that came from his resume, up till now Jesus had been working in a carpenter shop, no this authority seemed to come from somewhere completely different. It was something about the things that he said that simply rang true. They hit the people with a sense power that they could neither explain nor deny.

And as the people leaned forward listening to Jesus teach them all of the sudden the silence was broken with a screeching voice. Everyone turned to see a man crying out but they knew right away it wasn't really the man who was speaking. Instead they realized that this man had an unclean spirit or a demon in him and it was the demon who shouted out in verse 24 and said "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God."

Can you imagine the scene? As Jesus was blowing everyone away with his teaching all of the sudden this Demon possessed man interrupts everything and he challenges Jesus. His words are antagonistic. "What have you to do with us? Have you come to Destroy us? and then the Demon tells Jesus that he knows who he is.

Now at first you might wonder why does the Demon tell everyone who Jesus was, well back in those days it was widely believed that the way to gain power over a Spirit was to identify it by name. If you could name the Spirit rightly that was the first step in trying to gain mastery over it. So it is likely that this Demon is hoping somehow by rightly identifying who Jesus is that he might gain some sort of mastery over him.

Now everyone is on the edge of their seats. What is going to happen, who is going to win in this encounter, how long is this fight going to take? What specific formula is going to end up winning the day? These are the questions everyone would have been wondering.

But then in verse 25 "Jesus rebuked the Demon saying, "Be silent, and come out!" That's it, that is all Jesus said. He didn't use an incantation or a formula, he didn't say "In the name of God, or by the power of Yahweh, he didn't try and identify the demon by name, Jesus simply spoke to him and said "Be silent, and come out!"

Mark tells us what happened next in vs 26, "The unclean spirit, convulsing him and crying out with a loud voice, came out of him."

Here we see Jesus authority on full display. He simply speaks and the Demon obeys. No arguing, no delaying, no trying to fight back, Jesus commands and without hesitation even the demons obey him.

When the people see this Mark says in vs 27, "They were all amazed, so that they questioned among themselves, saying, "What is this? A new teaching with authority? He commands even the unclean spirits, and they obey him."

You see the people had never seen anything like it. He commands and even the unclean spirits obey him.

Have you ever thought about that? We think of Demons as so evil and terrible but they obey when Jesus speaks to them. What does that say about us? What does that say about us that often we dismiss Jesus words and do what we want when even the Demons know better than to do that.

Mark tells us that no sooner had Jesus cast this demon out than his fame began to spread to all the surrounding region of Galilee.

Now when the service at the synagogue was over Jesus and his disciples went to Simon and Andrews house to rest. Now Simon's mother-in-law was there and she was sick with a fever. Now a fever might not seem to big of a deal to us because we have medicine to take the fever down and not a lot of people die of fevers in America. But back then a fever would have been a huge deal. You see back then people who had fevers often ended up dying.

Now you can imagine how this sickness would have been affecting Simon and his wife. He had just quit his job to follow Jesus and now his mother in law was sick and they weren't going to have any money to try and help her out.

So as soon as they got to the house Simon told Jesus about her sickness and waited to see what Jesus would do.

Mark tells us that Jesus came and took her by the hand and he lifted her up and with that act the fever left her and she felt so good that she actually began to serve them.

So Simon's mother in law prepares a meal and Jesus and the disciples eat and now just as the sun is beginning to set and Jesus and his disciples are looking forward to getting some sleep all of the sudden they look outside and notice that huge crowd of people are making their way to their house.

And when they look closer they realize that some of the people are limping and others are being carried on their beds and many of them are moaning and coughing and some are shrieking and howling like they are demon possessed.

Before the know it Mark tells us that the entire city had gathered together outside the door and they had brought Jesus everyone in the city who was sick or demon possessed hoping that he would heal them.

Have you ever been getting ready to do something that you were looking forward to and all of the sudden an unexpected visitor comes and everything you were planning gets thrown off? Its tough right, it can throw you off and all of the sudden you find yourself having to change your plans. Well here Jesus doesn't have an unannounced visitor, he has an unannounced city full of visitors and they aren't his friends or family they are all of the sick and demon possessed people in the entire city!

And Mark tells us that Jesus opened up the door and he went out and one by one he began to heal the sick and to cast the demons out of the possessed. Hours and hours must have passed as Jesus made his way in the dark from one sick person to the next.

Finally the last person had been healed and Jesus stumbled back into the house and went to bed. You see Jesus may have been powerful enough to heal but he was still human and any human being who worked deep into the night fighting demons and healing sick people would be exhausted wouldn't they?

Have you noticed how many times Mark has used the word Immediately in this passage? 5 different times. Its like Jesus is going from one thing to another, immediately, immediately, immediately, I get tired just reading this story let alone thinking about what it must have been like for Jesus to live it. But finally it's over. The last person has left, Jesus has done a lot of good work, and now it's time for some much needed rest.

But the very next verse says, "And rising very early (the greek means "A long way from day.") While it was still dark, Jesus departed and went out to a desolate place, and there he prayed."

If anyone deserved to sleep in it was Jesus. Jesus had done more good in that one day than any human being had ever done previously nevertheless instead of sleeping in, Jesus got up early, while it was still dark, and he wandered off and found a desolate place where he could spend some time alone with his Father.

Hours later Simon and the rest of the disciples woke up and they must have felt like t was dejavu because a crowd was beginning to gather at the door again so they went to get Jesus. But when they went to find him they realized that he wasn't there. So Simon and those with him began to search for Jesus until finally Simon found him. And when he did he said to him, "Everyone is looking for you."

Notice the tone in Simon's voice. It's one of rebuke. He doesn't ask Jesus what he was doing or how he was or if he needed anything instead he basically says, "What are you doing, everyone is looking for you, you ought to be out there with the crowd, out there helping people, out there showing everyone your power." Basically Simon wants Jesus to know that he is missing out on his opportunity to capitalize on last night and now that they have some momentum its no time to be off by himself talking to God.

Mark tells us in verse 38 that Jesus responded to Simon by saying, "Let us go on to the next towns, that I may preach there also, for that is why I came out."

Now that we have gotten to watch 24 hours in the life of Jesus I want to note a few things that we learn about him from this passage.

First this passage teaches us that Jesus is powerful. He teaches with authority, he speaks and the demons obey him, he touches people and they are healed.

Not only is Jesus strong but he is also compassionate. Notice that all of Jesus strength in this passage is used for the good of others. Not only does he cast out a demon in the synagogue and heal one of his disciples relatives but Jesus works late into the night healing all of the sick and demon possessed people in the city.

Lastly we see that as strong as Jesus was he chose to live his life in dependence upon God the Father. As tired as Jesus was he still got up early because he knew that spending time with His Father was more necessary for him than sleeping in. Jesus loved spending time with his Father and he knew that there was more rest to be found in his presence than he would ever find in sleep.

Jesus explains his dependence on the Father for us in John 5:19 where he says, “Truly, truly, I say to you, the Son can do nothing of his own accord, but only what he sees the Father doing...”

As strong as Jesus was he lived his life in dependence on his Father, he didn't do anything of his own accord but instead he would go out into a desolate place to spend time with his Father and to see what his Father was doing so that he might follow in his footsteps.

Now I want you to notice a few things that we can learn from Jesus about what dependence upon God looks like. Notice dependence upon God makes Jesus independent of everything else. In other words dependence upon God freed Jesus from being controlled by anything else.

We see this clearly in Jesus interaction with Simon. You see Jesus knew that everyone would be looking for him. He knew that people would want him to stay with them, he knew that his disciples would want him to utilize this new found fame and try and capitalize on the momentum that he had. Jesus wasn't surprised when Simon finally found him and blurted out “Everyone is looking for you.”

Jesus knew this would happen but he didn't allow others peoples desires or expectations or demands to control his life. In other words Jesus didn't live his life to please people. Jesus dependence upon God freed him from being controlled by other people.

Now we like the sound of that don't we. I mean none of us enjoy feeling like we are being controlled by other people. None of us like the fact that we often feel compelled to try and please people, we don't like the fact that conflict makes us anxious, we don't like doing things that we don't want to just because people expect it of us, we don't like reviewing our conversations or our texts and worrying that maybe they got taken the wrong way, we don't like living our lives controlled by other people.

Well here we see that Jesus dependence upon God freed him from being controlled by other people. But there is more. Jesus dependence upon God also freed him from being controlled by his own desires. Jesus dependence upon God didn't just free him from others it actually freed him from being controlled by his own desires.

You see as a human being who had worked late into the night I can assure that Jesus desire early the next morning was to sleep in. He would have been tired which by definition means a desire to sleep. Nevertheless Jesus didn't allow his tiredness to control him but instead he got up early and went to meet with his Father because he knew that he needed God even more than he needed a few more hours of sleep. Jesus dependence upon God set him free from being controlled by his own desires.

Now that we have taken a look at what Jesus was like I want to take a moment and consider just how different Jesus was from you and me.

Jesus was strong while you and I are weak. Jesus cast out demons with his words and healed diseases with his touch. You and I don't have that kind of power do we. We can't even fix ourselves let alone fix others. We can't heal others, we can't set them free from addictions the truth is that while Jesus is strong you and I are weak.

Not only do we lack Jesus power but we also lack his compassion. Some of recognize that we are weak and because of that we feel the need to take what little strength we have and use it for ourselves instead of worrying about taking care of others. Our lack of strength keeps us from being compassionate leads us to focus all our energy on taking care of ourselves.

Others of you out there don't relate to what I have just described. You feel compassionate because you are always doing everything you can to help others. You are always putting other people above yourself, always trying to help, always looking for ways to serve. Maybe you're a mom who gives everything you have to your children, maybe you're a father who has given up the things that you enjoy in order to try and provide what your family needs. When you think of yourself you consider compassion to be one of your strengths.

Well it might be. But before you come to this conclusion I want you to consider a few things. You see one of the reasons why people work so hard to help others is because focusing on others problems keeps us from having to deal with our own. And often what happens to people who focus primarily on helping others is that at the end of the day they begin to feel sorry for themselves. They live with this sense of self-pity. They feel underappreciated and wonder why as much as they try and help others no one seems to be trying to help them.

Now its interesting that self-pity is actually a form of compassion its just compassion turned in the wrong direction. Where compassion is supposed to make us care deeply about others suffering self-pity focusses on our own.

So while Jesus focused on others and cared more about them than he did about himself you and I often find that we care deeply about ourselves either by using our little strength to try and get ahead or by helping others and then feeling sorry for ourselves when people don't respond with appreciation for us or by helping us back.

So Jesus is strong while you and I are weak and Jesus is compassionate while you and I are often selfish. And that leads us to third way that we are different from Jesus. Now what's crazy is that while the first two seem understandable this last one makes no sense at all.

You see it makes sense that since Jesus is God he is going to be stronger than us and it makes sense that the stronger you are the easier it is to care about others and the weaker you are the more pressure you will feel to take care of yourself. On their own these things make sense.

But here is what doesn't make sense. Jesus, the strong and compassionate one, lives his life in complete dependence upon God, while you and I, the weak and needy ones have chosen to live our lives by depending upon ourselves.

Why? If you and I are really weak then why do we try so hard to be in control. If you and I are really weak then why do we demand that we get our way. If we are weak then why do we think we are always right or that our way is always best?

Compared to Jesus you and I weak right. There is simply no denying it. In fact compared to the forces of this world you and I weak. Compared to Satan we are weak, compared to death we are weak, compared to sickness and suffering, and tragedy we are weak. You and I are weak so why are we so adamant about trying to make it on our own.

You and I may not like the fact that we are weak but its true. Its true. And what all of us have found over and over again is that when we depend upon ourselves we fail. When weak people depend upon themselves they fail.

But you know what is tragic. Instead of learning our lesson and repenting of our self-reliance and turning to God for help do you know what we do when we fail. We make excuses. And do you know what we use as an excuse for our failure? We use our weakness.

Tell me that it isn't crazy how often you and I use our weakness to try and excuse our failure. Think about it, how many times have you done something wrong and then excused it by saying, "I am really tired" I am really emotional right now, I had a hard day. Do you see what these excuses are? They are acknowledgements of our weakness and they are blaming our failure on the fact that we are weak. Right now there is a popular song that gives us a great example of what this looks like. The song repeats over and over again, "I am only human after all. And then it concludes, "So don't put the blame on me."

But you see that's the whole point. As Humans you and I are weak, we are weak and we know it. We know it because we use our weakness as an excuse for our failure, but the problem is that we are using our weakness for the wrong thing.

You and I have chosen to depend upon ourselves and then use our weakness as an excuse when we fail but Jesus comes to show us another way. He comes and he says instead of using your weakness as an excuse for your failure you are supposed to use your weakness as a reason to stop depending upon yourself and to depend upon God.

You and I are only human after all so why are we trying to be God. We are only human after all so why are we demanding our own way, why do we want to be in control, why do we keep biting off more than we can chew, why do we keep thinking its ok to fail because we are weak. Its not OK to fail because our weakness wasn't meant to be used as an excuse for failure it was meant to be used as a reason to depend upon someone who is not weak.

Intuitively we know that. Remember that old Song "Lean on me." It says, "Lean on me, when your not strong. I will be your friend, I will help you carry on."

The right response to weakness is dependence. Not trying and failing but dependence on someone else who is stronger than us. Someone who cares about us, someone who will be there for us, someone we can trust.

Here Mark comes to tell us that Jesus is that someone. Remember we have just seen that unlike us Jesus is strong. Jesus is able to fix things that are broken, Jesus is able to heal and to set free. Not only is Jesus strong but he is compassionate, remember Jesus doesn't use his strength for himself but he uses to serve others.

In Matthew 11:28 Jesus says, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Jesus comes to weak people like you and me and he says "Depend on me." Come to me. Stop relying on yourself and using your weakness as an excuse instead come to me and I will give you rest. You see here is the deal. Weakness is only an excuse for failing at something that requires strength. But Jesus has not called you and I to something that requires strength instead he has called us to admit our weakness and come to him.

I want to end by reminding you again why it is that Jesus is worthy of our ultimate trust. You see it wasn't just on the first day of Jesus ministry that he was strong and compassionate and utterly dependent upon God. The truth is that these three things continued to characterize Jesus life until the very end. In fact nowhere do we see these three characteristics shining forth more clearly than during the last 24 hours of Jesus life.

You see at the end of Jesus life once again we find him praying by himself. And there instead of demanding his own way Jesus demonstrated his complete dependence on God by saying in Mark 14:36, "Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will."

Hours later Jesus would shed his blood on the cross and there he would demonstrate the depths of his power by completely disarming the devil himself. In Colossians 2:15 Paul writes, "He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him."

On the cross Jesus disarmed our greatest enemy and Paul tells us that he did it by forgiving us of our sins. You see Satan's greatest weapon against humanity is our sin. Satan's name means the accuser and he derives his power by pointing out our sins and our failures to God and demanding that God give us what we deserve.

So tonight the question is how do you want to wage war against the accusations of the devil. Do you want to use your weaknesses as an excuse? Do you want to stand before God while the devil points out all of your sins and failures and say, "I am only human after all, don't put the blame on me."

Or will you acknowledge your weakness and run to Jesus? Will you let his compassion pull you in and let his strength disarm the devil? Do you want to stand before God clothed in your weakness or in Jesus righteousness, do you want to stand before God making excuses for why you are so filthy or do you want to stand before him holy and blameless washed in the blood of his only Son? Do you want to stand before God pointing out your weakness and using to excuse your failure or do you want to stand before God clinging to his Son relying on his strength as your only hope.

The question we face tonight is how are we going to respond to our weakness? Will we depend upon ourselves and fail or will we look to Jesus and depend upon his strength and his compassion to save us.

Guys I know that none of us likes to lose. None of us likes to fail. Of course none of us likes to be weak either but you see that is something we can't help. We can't help the fact that we are weak but we can keep our weakness from leading to failure and loss and death. And the reason that we can do that is that we have a God who has sent his Strong and compassionate Son to fight our battles for us.

He has sent his Son to be the king that we need, he has sent his Son to lead us into battle, he has sent his son to disarm our enemies and to lead us to victory. The question tonight is whether or not we will follow him. Will we follow Jesus? Will we acknowledge our weakness and repent of all the times we have tried to make it on our own? Will we stop clinging to control and demanding that we get our way and instead follow Jesus as our true King.

If we will follow him we will find that when we are at our weakest we are actually strong for you see his strength is made perfect in our weakness. If we will follow him we will find that there is forgiveness for all the times we have failed for you see his grace is sufficient to make up for all of our past sins.

We have a savior who got up early and depended completely on his Father for all the times that we have chosen to sleep in and depend upon ourselves. We have a savior who has lived free from his own desires and free from what others think of him for all the times that we have been controlled by our desires and allowed what others think of us to dictate what we do.

So tonight won't you follow Jesus and look to him as your only hope. If you do that you will find yourself carving time out of your busy day to spend with him, not because you are strong and disciplined but because you know that you are weak and needy. Not because you want him to bless your plans, but because you know your only hope is found in following his. Kaleo church lets respond to our weakness by clinging to Jesus who is strong and compassionate and whose grace is sufficient for us because his power is made perfect in our weakness.