

A Day in the Life
Mark 1:29-39

Slide 1

A certain percentage of life just consists of maintenance, like getting out of bed, combing your hair, going to work, etc.

If you or I wrote about a twenty-four-hour period of our lives, these elements would be there.

Yet, I hope there'd also be some things that flow from godly intentions like serving others and doing positive things that give life meaning and purpose.

Last week we learned how Jesus taught with authority and exercised that authority over demons.

Today, in verses 29-39, we'll see how Jesus exercised authority over physical illness and from where the source of that power came.

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Mark 1:29-31, *“As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. Simon’s mother-in-law was in bed with a fever, and they immediately told Jesus about her. So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.”*

Based on this verse, and others, it's likely that Simon Peter's house was the home base of Jesus' ministry in Capernaum.

That's why we see them later that day, after a powerful synagogue service, head over to Peter's home for dinner.

But, upon arrival, Jesus is informed that Peter's mother-in-law was sick with a fever.

In those days, a fever was ominous, even deadly. Just like today, a fever can indicate something more serious than a minor ailment.

Also notice, the disciples realized that the answer to this situation was Jesus.

Because, after hearing His authoritative teachings and seeing His authority over demons, they believed He could use his authority to heal as well.

Mark simply wrote, “*they immediately told Jesus about her.*” But Luke, a medical doctor, was more attentive to details.

He used a word which meant that they “*appealed to him,*” or “*beseeked him*” indicating more than a casual statement about her condition.

Since their faith in the Messiah was expanding, they asked Him, in faith, to heal her.

Mark tells us that Jesus took her by the hand, helped her up, and the fever left. She rose from sickness to full health before Peter, his wide-eyed friends, and all the family members.

The fact that this disease vanished at His touch was no more incredible than that demon who fled at His word! What would have been more amazing is if these things didn’t happened!

He was the Creator of the universe. He controlled time, space and matter. He possessed omniscient knowledge and omnipotent power, and now He was here on earth as God manifest in the flesh.

What else WOULD you expect? In healing Peter’s mother-in-law, Jesus added more evidence that He was indeed the Son of God.

Now, Jesus had no set formula when He healed people. The way He healed was as varied as the people who came to Him to be healed. And, unlike modern faith healers, there was no screening process.

Not once in all the gospels does Jesus practice the common tactic of modern faith healers of *“slaying in the Spirit;”* nor did Jesus raise money for his *“healing ministry.”*

In fact, though healing was an important role in authenticating His divine authority, it was incidental to His goals and purposes.

After this, Jesus probably had a pleasant meal with the disciples and perhaps a nap, too.

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Mark 1:32-34, *“That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and 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.”*

The news that Jesus could heal spread through the town, and as evening approached; an air of anticipation settled over Capernaum.

Mark says it wasn't until that evening, after the sun had set, that people brought the sick and demon-possessed to Peter's home for Jesus to heal and deliver.

Why did the people wait till evening? Well, they had to wait until sunset because the Law of Moses forbade work of any kind on the Sabbath.

Jeremiah 17:21-22 explains that the bearing of any kind of burden was prohibited on the Sabbath, and in the mind of the Jews, that would've included carrying a loved one to be healed.

So, as soon as the sun had set, Peter's house was besieged! In verse 33, Mark says, "*The whole town gathered at the door.*" They stood as a group waiting for miraculous healings!

Verse 34 tells us that they came with all manner of diseases and some were demon-possessed. One after the other, they came to Jesus for healing and wholeness.

Now, they didn't fully comprehend who Jesus was, but they heard what He could do, and nothing could hold them back.

The crowd that gathered in front of Peter's how that evening probably a long list of illnesses that would put WebMD to shame or give the CDC nightmares, but the Great Physician had come!

You have to understand that these healings and deliverances from demons had a two-fold purpose. **First**, it widened the compass of His power and authority.

With each new miracle, Jesus established the fact that He was indeed the Son of God.

Before long He would perform other miracles to demonstrate His power like feeding thousands by multiplying just a few loaves and fishes, calming storms, and raising the dead!

All this would culminate at the end of Mark when the Roman soldier, beneath the cross of Jesus confessed, "*Truly this was the Son of God.*"

Second, Jesus healed and delivered because He had compassion and mercy on those damaged by sin on this earth.

In the Gospels, there's not a single instance of someone who sought healing or deliverance that Jesus didn't lovingly and willingly grant it. Wherever there was a need, Jesus met that need.

And yet, as wonderful as all this was, don't misunderstand what was happening. Most of these people came to Jesus because they wanted something from Him.

Now, I'm not saying that's in and of itself wrong. Because if you were crippled, blind, had leprosy, or were demon-possessed, and you heard about a miracle worker Who could heal you, you'd get over there as fast as possible.

But here's the thing: Though some of these people came for non-spiritual reasons, ultimately many came to understand, love, and worship Jesus for who He was.

Most people today come to Jesus out of self-serving motives. They have marital problems, they're unhappy, they're going through a terrible trial in their lives, or they've found out they're ill.

Sometimes all they want is a magical Jesus, and when He doesn't perform, they turn away. But many come, hear the Gospel and their hearts are stirred; moving them to accept Jesus as their Lord and Savior.

Kent Hughes, in his commentary on this passage in Mark says, *"How nice it would be to have a Jesus to heal us when we have a fever, to make us wealthy, or to give us prestige. Unfortunately, for every prayer that goes up in prosperity, 10,000 go up in adversity. It is natural to want a magic Jesus. But we must always remember that God is not someone to be used. He is to be loved, worshiped, and served regardless of what comes in this world."*

Also notice that, like in the exorcism earlier, verse 34 says that when Jesus cast out demons, *"he would not let the demons speak because they knew who he was."*

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Which brings up the question I posed last week. Why didn't Jesus allow demons to speak or reveal His true identity.

First, Jesus silenced them to emphasize His divine authority, a theme driven home several times already.

Second, by identifying Jesus before the right time, it would've caused premature action by His enemies.

Remember, everything about Jesus' life, death, burial, resurrection and ascension stated in scriptures was pre-ordained by God.

And, at this stage in the Gospel of Mark, Jesus was **SHOWING** His divine power, but He wasn't openly **CLAIMING** to be divine.

That time would come, but Satan's forces sought to impede God's timing and plans, so Jesus commanded them not to speak.

Finally, Jesus didn't need the testimony of demons. Jesus had enough problems with the Pharisees accusing of Him of being in league with Satan.

Demonic testimony would've only added fuel to the Pharisees' fire.

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Mark 1:35-39, "Very 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. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." So he traveled throughout Galilee, preaching in their synagogues and driving out demons."

You can imagine how tired Jesus must have been after a whole evening of healing and delivering people from demons.

Mark doesn't tell us how late Jesus ministered, but eventually, all needs were met and, because He had a human body, He needed rest.

We don't know how long He slept, but verse 35 tells us He rose before daylight and went out to a secluded place to pray. Why? Because just like us, He needed to be alone with His heavenly Father!

Just as His "*outer man*" (His body) had been renewed by a few hours of sleep, His "*inner man*" (His soul) needed renewal, too, and to get that, He needed seclusion and silence.

Think about it. Soon, Peter's mother-in-law would be pattering about the house, starting to prepare breakfast.

Peter would be calling everyone to the beach to see the night's catch. And any little ones in the house would start stirring and whining to be fed.

Jesus needed to get away from all that and get alone with God to pray. Now, as God, Jesus didn't "need" alone time with the Father, but He longed for those sweet times with Him.

And so, He left the hustle and bustle of life to be recharged by prayer. But eventually, Jesus' solitude was interrupted by His disciples.

After the preceding evening, they were revved up for action. They were ready for more! "*Everyone is looking for you,*" they said.

They had visions that their movement would catch fire, spread throughout all of Galilee, and eventually to Jerusalem.

They envisioned a vast army being assembled where they could take back their land from Rome and Jesus would then set up His Messianic kingdom.

They just didn't understand what Jesus was all about. So, He probably burst their bubble when He said, *"Nope. I've got another plan. We're going to the nearby towns so I can preach there also, because that is why I came."*

Jesus knew the people would be clamoring for more miracles and healings, but those were fringe activities to Him.

Even though they were instrumental in establishing that He was the Son of God, preaching was more important.

It was through preaching that people would be called to eternal decision and discipleship.

So, verse 39 tells us that He preached throughout Galilee and, wherever He preached, He was opposed by the dark forces of Satan, therefore He had to cast out demons, too.

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There are several personal applications that I found in this passage. **First**, there's Peter's mother-in-law's healing. As soon as she was healed, she set about to serve.

To serve is the natural response of a heart that has experienced the transforming touch of Christ. Serving God should be as natural for the believer as night follows day.

In fact, when Paul surrendered to God on the road to Damascus, the first words out of his mouth were, *"Lord, what would you have me do?"*

If you haven't found a way of serving God and others, you've missed the essence of what it is to follow Jesus.

Jesus said in Mark 10:45, *"For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."*

If Jesus came to serve and not be served, how can we claim to be followers of Christ if we don't follow Him in serving God and others?

When you trusted in Christ, you received a spiritual gift. You're not to use that gift for your own benefit.

Peter says in 1 Peter 4:10, *"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."*

Therefore, to be a good steward of God's manifold grace by use your gift to SERVE.

There're plenty of ways to serve God and one another at Grace Fellowship, from teaching Sunday School, working in VBS, or our nursing home ministry.

Don't be a sponge and just soak up the Word of God; squeeze that sponge dry by serving!

The **second** application I want to share with you is the challenge to follow Jesus' example in finding solitude and silence sometime every day to pray.

In 2012, there was an article in the New York Times that offered an analysis of what might be called "the busy trap."

Listen to this excerpt. *“If you live in America in the 21st century, you've probably had to listen to a lot of people tell you how busy they are. It's become the default response when you ask anyone how they're doing: 'Busy!' 'So busy.' 'Crazy busy.' ...”*

The article goes on to say, *“Busyness serves as a kind of hedge against emptiness; obviously your life cannot possibly be silly or trivial or meaningless if you are so busy, completely booked, in demand every hour of the day. [We're] busy because of [our] own ambition or drive or anxiety, because [we're] addicted to busyness and dread what [we] might have to face in its absence.”*

This sense that our life is empty, if it isn't busy, is a real phenomenon, though in fact, the opposite is true.

The deepest fulfillment and purpose in life is found in solitude with just you and God in prayer, and in His Word.

If we're especially tired or exhausted perhaps we've not been seeking solitude with God.

We're not serious about getting away from the constant clamor for our attention and being still to pray and replenish our souls.

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Conclusion

A life of fulfillment and purpose is related to making decisions to intentionally do things God calls us to do and what's best for our souls.

You see, Jesus didn't *“just happen”* to find Himself alone with time to pray and you probably won't either.

You must intentionally **MAKE** time to be alone with God for prayer, meditation, and Bible study to hear His voice and get direction.

And this needs to be done away from the hustle and bustle of life in order for His voice to come through loud and clear. Follow Jesus' example by finding time with God.

Those who aren't saved usually come to church out of some perceived need or crisis.

We must understand that God doesn't diminish our needs, He uses them to help us see our insufficiency and our need for Him in our lives.

God isn't a personal genie to grant us our wishes and desires. What God wants is for us to see our sinfulness, to turn from that sin and be saved.

To be forgiven of sin before a righteous God is the REAL crisis in our life.

You can have everything turn out all right and be delivered from all your problems, i.e. your marriage gets repaired and your kids turn out okay, you have money in the bank at the end of each month, etc., but if you don't have Jesus, you'll be lost for eternity.

Jesus said in Matthew 16:26, *"What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"*