



## Mark 1:32-39 (NIV)

That evening after sunset the people brought to Jesus all the sick and demon-possessed. <sup>33</sup> The

whole town gathered at the door, <sup>34</sup> 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.

### Jesus Prays in a Solitary Place

<sup>35</sup> 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. <sup>36</sup> Simon and his companions went to look for him, <sup>37</sup> and when they found him, they exclaimed: “Everyone is looking for you!”

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

“Our Adversary majors in three things: noise, hurry and crowds. If he can keep us engaged in ‘muchness’ and ‘manyness,’ he will rest satisfied.” — Richard J. Foster

*How do we find Hope Rising when the speed of life is out of control?*

We confuse busyness ...with being productive, with being successful, efficient, to being meaningful.

We find in our Gospel text that Jesus too, was busy with life.

Yet, in the midst of this busyness, He finds time he makes time to find a solitary place to pray. A Quiet time a time alone with the Father.



# SERMON NOTES

## The Speed Trap

*If you keep Hope Alive, it will keep you alive.*

### Speed CONSUMES Hope

Why do we feel so frazzled?

1. Erosion of boundaries
2. Explosion of choices.
3. Expression of Guilt

*It is not your BADNESS that will kill you, but your BUSYNESS*

### ADOPT God's Rhythm of Life

#### Why is it so Important?

Without Hope: People look worse and problem appear insurmountable

**Challenge:** Can do as much refueled, refreshed, and renewed in six days as you can wiped out, drained and depleted in seven?

### FIND activities and people that refresh

Depart Dailey – find 15 minutes of solitude to compose your thoughts

Rest Weekly - break the habits and routines and t

Abandon Annually – check out for a week from Ordinary Life

### Intentionally feed the soul

*Let's keep a firm grip on the promises that keep us going. He always keeps his word. Let's see how inventive we can be in encouraging love and helping out, not avoiding worshiping together as some do but spurring each other on, especially as we see the Day approaching. Heb 10:25*

**SUCCESS is one thing. IMPACT is another.**

**“Now what are you waiting for?** Get up, be baptized and wash your sins away, calling on his name.” Acts 22:16

<sup>8</sup> “Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.” <sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. Exodus 20:8-11 (NIV)

# SACRED JOURNEY

Lent is one of the most ancient and universal practices of the Christian world. It involves 40 days of preparation for the pinnacle of our faith, which is Easter Sunday. Lent includes uncomfortable emphases like repentance, sacrifice, and submission. The historic practice of Lent does not pander to us with quick fixes or self-help platitudes. Lent calls us to discipline. Even though the season may entail “giving up” some things, worship of the risen Christ supersedes all else.

## **What is the primary spiritual journey of Lent?**

Lent is a time to intentionally travel the road with Jesus toward his death and resurrection, so that we become more personally connect to Him in our daily living.

## **Why does Lent emphasize fasting, prayer, and giving to the poor?**

Fasting from food, or something else, is a symbol of the discipline it takes to turn away from sin. Prayer is the act of turning to God in dependence. Giving to the poor is the symbol of the virtue we are taking on to replace our sin.

## **What is a suggested discipline for Lent?**

These disciplines are external practices that we engage in, trusting God will use them to bring greater spiritual awareness:

- Deny yourself a specific regular pleasure or vice for the 40 days leading to Easter (such as sweets, alcohol, tobacco, watching tv, reading the newspaper, facebook, or \_\_\_\_).
- Replace that time with Bible reading and prayer, or use the money you save to give to the poor.
- Fast completely (except for water) from Good Friday sunset until Easter Sunday (either before or after worship), in anticipation of the fullness of life offered through Jesus' resurrection.
- Invite an unchurched friend or family member to celebrate Easter worship with you.
- Celebrate Easter as an intentional 'Resurrection Feast.' Be specific and joyful about it!