

# The Habits of Christ

Mark 1:35 – 39

## I. Intro

- A. Started looking at Mark's gospel last week; Mark – known as John Mark, not an eyewitness or original disciple of Jesus; his gospel based on what he heard and learned from Simon Peter
- B. Last week: being heralds of Christ, chosen by God to proclaim Christ as Savior of the world, and prepare the way for His second coming; harassing (temptation) of Christ, understanding that He faced temptation in every way that we do, yet remained sinless overcoming by the power of word of God (scripture); helpers of Christ – called as His disciples to carry on His ministry here on earth that He began
- C. Remember, Mark's intent and focus in gospel is on the humanity of Jesus and Christ, the servant
- D. **READ Mark 1:35 – 39**; few verses what we can see as the habits (practice, spiritual disciplines) of our Lord and Savior
- E. 7 habits – focus more on the first

## II. 1 – The Praying Habit (v. 35)

- A. Because Jesus was Son of God (fully God, yet also fully human), He had such a close, intimate relationship with His heavenly Father (same kind of relationship we should desire to have)
- B. Jesus' description of that relationship: **John 10:27-30 (ESV)**
  - 27 My sheep hear my voice, and I know them, and they follow me.
  - 28 I give them eternal life, and they will never perish, and no one will snatch them out of my hand.
  - 29 My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand.
  - 30 I and the Father are one.”
  - i. **John 14:8-11 (ESV)**
    - 8 Philip said to him, “Lord, show us the Father, and it is enough for us.”
    - 9 Jesus said to him, “Have I been with you so long, and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’?”
    - 10 Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own authority, but the Father who dwells in me does his works.
    - 11 Believe me that I am in the Father and the Father is in me, or else believe on account of the works themselves.
- C. Jesus' practice of praying

- i. **time** – ... *very early in the morning*; Jesus started His day with prayer; for those whose schedule doesn't fit with early morning praying, whenever your daily schedule begins start it with prayer
  - ii. **passion** – we humans will go to great lengths to be able to do whatever it is we're passionate about (fishing, hunting, sports, sleep, eating, etc.); as believers if we truly have passion for talking with the Lord, “resting” in the relationship we have with Him, then physical pleasures, comforts, even rest will always take a back seat to spending time in prayer
  - iii. **separation** – ... *he departed*; Jesus has to “separate” from some things that may have seemed more pleasurable, appealing in order to pray
    - a) **Question:** How many times in our lives have more pleasurable, appealing situations pulled us away from time with the Lord? Goes back to our true passions, and passion for prayer and time with God
  - iv. **isolation** - ... *went out to a desolate place*; we must have prayer times where our only focus is on Christ and there are no other distractions going on; 1 Thess. says to *pray continually – without ceasing*, certainly need to do that – but, that's not sufficient enough in growing in our relationship and walk with Christ – we must have the isolated prayer times
    - a) **Jesus said: Matthew 6:6 (ESV)**

6 But when you pray, go into your room (Gr. closet or storeroom] and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.
  - v. **person** - ... *there He prayed; prayed (Gr.)* - means literally “to pray to God”; very clear in scripture, our prayers are not to be to the saints, or virgin Mary, or deceased loved ones – our prayers are only to be directed to God alone; prayers to anyone but God has no affect on our lives
  - vi. **parts** – *prayed (Gr.)* - meaning includes “supplication” and “worship”, in other words, requests and praise; prayers are not to be all “gimme, gimme” language, but should always include praising the Lord, and thanking the Lord which is one form of praise
  - vii. **product** – Quote from commentary: “*If we spent more time in prayer before we made decisions, and confronted problems and temptations, we would spend less time in prayer pleading for deliverance from the trouble we got into from the lack of prayer*”; we have privilege and power of prayer to be proactive, not reactive
- D. **Jesus' habit/discipline of prayer included:** time for prayer, passion for praying, separation and isolation of prayer, person to whom he prayed, parts of prayer, and product (result) of being proactive in prayer
- E. **Other habits go through quickly**

### III. **2 – Proof Habit (v. 36)**

- A. **Proof of genuineness, true hearts desire for seeking after something or someone**
- B. **In all Jesus actions and life, we see a proven genuine desire to seek after, and do the will of His Father**
- C. **John 6:38 (ESV)**  
38 For I have come down from heaven, not to do my own will but the will of him who sent me.
- D. **Not only did Jesus just want to know the will of His Father, but He wanted to follow His Father’s will**
  - i. **John 6:39-40 (ESV)**  
39 And **this is the will of him who sent me**, that I should lose nothing of all that he has given me, but raise it up on the last day.  
40 For **this is the will of my Father**, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day.”
- E. **Jesus also wanted to see that same proof of genuineness and heart desire of His disciples; after Jesus had gone off to spend time alone in prayer with God ... *Simon and those who were with Him searched for Him***

### IV. **3 – Unpopularity Habit (v. 37, 38)**

- A. **Jesus not about popularity; never let popular opinion dictate His actions (see a lot of that today with all campaigning)**
- B. **REFER v. 37, 38**
- C. **The direction the world takes, and is taking, is the opposite direction of the way God calls us as believers to take; sad, too often many believers follow more the direction of the world than the direction of the Lord; **ex:** story of Jonah**
- D. **Paul asks rhetorical question: Galatians 1:10 (ESV)**  
10 For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.

### V. **4 – Preaching Habit (v. 38, 39)**

- A. **... *Let us go on to the next towns, that I may preach there ...***
- B. **Many during Jesus’ ministry on earth wanted to see a show – preferred the miracles to the preaching/teaching**
- C. **People drawn to “place of worship” just to see a show**
- D. **Christ, certainly, did many miracles, healing, unexplainable signs and wonders – but that wasn’t His main mission, that wasn’t His emphasis; Christ main purpose was preaching, proclaiming the kingdom of God**
- E. **The early church in Acts main emphasis - preaching/teaching**

VI. **5 – Purpose Habit (v. 38)**

- A. ... *that I may preach there also ... that is why I came out*
- B. Purpose for which God sent Jesus into the world, Jesus followed to the letter
- C. Jesus' priority on earth was to do the will of His Father; nothing would keep him from that – even death on the cross
- D. His statement, *that is why I came out*, was a statement of submission to the will of God

VII. **6 – Place Habit (v. 39)**

- A. ... *he went all throughout Galilee, preaching in their synagogues*
- B. Jewish synagogue was a great opportunity for Jesus to preach; during services, guests were often allowed to read and comment on scripture
- C. Paul, on his missionary journeys, went to the synagogues in many communities telling about salvation through Christ
- D. We have more opportunities/methods today than any time in history to share Christ with others and the world – always newspapers, radio, TV; but also with capability of internet there's social media sites/apps, websites, streaming media, email, instant messaging apps
- E. It seems that last thing on minds of many believers is using these technological advances for sharing the Gospel
- F. Instead, Satan has led people to use these capabilities for individual pity parties, boasting, ridiculing, hate and abusive speech; again, even by those who claim to be Christians

VIII. **7 – Power Habit (v. 39)**

- A. ... *went throughout all Galilee ... casting out demons*
- B. Already said, Christ was fully human (gospel according to Mark's focus), but also He was fully God
- C. We know God is omnipotent – all-powerful; therefore, Jesus too is omnipotent
- D. Word, *exorcism* become a scary word, ever since movie “Exorcist” years ago; but that's what Jesus did when He encountered demons and demon-possessed; He even gave some of His own disciples the same power
- E. See in scripture, demons were actually afraid/fearful of Jesus
- F. **REFER v. 21 – 26**
- G. As believers in Christ, His power in us can help us overcome any trouble, struggles, “demons”, we may be deal with in our lives – especially, power to overcome/conquer sin

IX. **Close: Habits of Jesus**

- A. Praying habit, proof habit, unpopularity habit, preaching habit, purpose habit, place habit, and power habit**
- B. All habits/disciplines we should work towards, and strive for, ourselves**
- C. We must, as genuine/true believers/followers of Christ work toward and strive for these habits if we honestly want to grow/mature in our relationship with Him.**