

Sermon Title: The Gospel of No
Sermon Series: Gospel Directed Family
Scripture: Mark 1:32-39
Speaker: Pastor Ian Bonthron



What should I say _____ to?

Mark 1:29-34 ESV

29 And immediately he left the synagogue and entered the house of Simon and Andrew, with James and John. 30 Now Simon's mother-in-law lay ill with a fever, and immediately they told him about her. 31 And he came and took her by the hand and lifted her up, and the fever left her, and she began to serve them.

32 That evening at sundown they brought to him all who were sick or oppressed by demons. 33 And the whole city was gathered together at the door. 34 And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him.

Heart of _____

Mark 1:35 ESV

35 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.

of priority time with the Father

Luke 5:16 ESV

16 But he would withdraw to desolate places and pray.

Luke 6:12 ESV

12 In these days he went out to the mountain to pray, and all night he continued in prayer to God.

Matthew 14:23 ESV

23 And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone,

Luke 9:18 ESV

18 Now it happened that as he was praying alone, the disciples were with him. And he asked them, "Who do the crowds say that I am?"

Mark 1:36-38 ESV

36 And Simon and those who were with him searched for him, 37 and they found him and said to him, "Everyone is looking for you." 38 And he said to them, "Let's go back and heal everyone, that is why I came out."

This is what we think Jesus should say... People are in need, “everyone is looking for you”, they need you! Come back and help.

Mark 1:38-39 ESV

38 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.” 39 And he went throughout all Galilee, preaching in their synagogues and casting out demons.

Luke 4:42-43 ESV

42 And when it was day, he departed and went into a desolate place. And the people sought him and came to him, and would have kept him from leaving them, 43 but he said to them, “I must preach the good news of the kingdom of God to the other towns as well; for I was sent for this purpose.”

**We must say no to _____ things to say yes to God’s
_____ thing.**

Saying no gives you the freedom to say yes to something greater.

Questions to help us filter when you should say “NO”

1. Do your no’s start with a heart of _____?

“Yes, your teenager needs your protection and your discipline, and for sure they need your encouragement. But more than anything else, they need your affection. Give them tons of hugs, even if they stiffen up or back away. A

study by psychotherapist Virginia Satir concluded that people need at least twelve hugs every day in order to grow and thrive. Eight hugs a day are needed to maintain a stable level of emotional health, and a minimum of four hugs a day are considered necessary for survival.”

—Phil and Diane Comer

2. What _____ are your no's informed by?

1 Timothy 4:8 ESV

8 for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

Habits help us remember the Gospel

– Church Gathering

– Community Groups

“We need to ask other believers to help us make the hard and holy choice of saying no when we need to. It is difficult to say no to things when we know we will disappoint others — especially when what they are asking us to do is something inherently good. But we cannot say yes to everything all the time, and we don't want to operate out of the fear of frustrating others, rather than from the desire to please Christ.”

—Ann Swindell

– Serve

– Outreach

– Personal Disciplines

**What _____ things can you say no to so you can say
yes to the best (_____) things?**

*“It’s very likely that your children will be less faithful to their church than you
are now, so help make that choice now...be very faithful”*

—David Whiting

We must say no to good things to say yes to God’s best thing.