...WITH JESUS
Sermon 4: Slow Down
October 2, 2022

MAIN SCRIPTURE:
Mark 5:21-43

21 Jesus got into the boat again and went back to
the other side of the lake, where a large crowd
gathered around him on the shore. 22 Then a
leader of the local synagogue, whose name was
Jairus, arrived. When he saw Jesus, he fell at his
feet, 23 pleading fervently with him. "My little
daughter is dying," he said. "Please come and lay
your hands on her; heal her so she can live."
24 Jesus went with him, and all the people
followed, crowding around him. 25 A woman in the
crowd had suffered for twelve years with constant
bleeding. 26 She had suffered a great deal from
many doctors, and over the years she had spent
everything she had to pay them, but she had
gotten no better. In fact, she had gotten worse.
27 She had heard about Jesus, so she came up
behind him through the crowd and touched his
robe. 28 For she thought to herself, "If I can just
touch his robe, I will be healed." 29 Immediately
the bleeding stopped, and she could feel in her
body that she had been healed of her terrible
condition. 30 Jesus realized at once that healing
power had gone out from him, so he turned around
in the crowd and asked, "Who touched my robe?"
31 His disciples said to him, "Look at this crowd
pressing around you. How can you ask, 'Who
touched me?'" 32 But he kept on looking around to
see who had done it. 33 Then the frightened
woman, trembling at the realization of what had
happened to her, came and fell to her knees in
front of him and told him what she had done.
34 And he said to her, "Daughter, your faith has
made you well. Go in peace. Your suffering is
over." 35 While he was still speaking to her,
messengers arrived from the home of Jairus, the
leader of the synagogue. They told him, "Your
daughter is dead. There's no use troubling the
Teacher now." 36 But Jesus overheard[a] them and
said to Jairus, "Don't be afraid. Just have faith."
37 Then Jesus stopped the crowd and wouldn't let
anyone go with him except Peter, James, and John
(the brother of James). 38 When they came to the
home of the synagogue leader, Jesus saw much
commotion and weeping and wailing. 39 He went
inside and asked, "Why all this commotion and
weeping? The child isn't dead; she's only asleep."
40 The crowd laughed at him. But he made them
all leave, and he took the girl's father and mother
and his three disciples into the room where the girl
was lying. 41 Holding her hand, he said to her,
"Talitha koum," which means "Little girl, get up!"
42 And the girl, who was twelve years old,
immediately stood up and walked around! They
were overwhelmed and totally amazed. 43 Jesus
gave them strict orders not to tell anyone what had
happened, and then he told them to give her
something to eat.

WARM-UP

- In a typical week, what types of activities do you typically rush through? What activities do you typically try to slow down for?
- Are you typically the type of person who rushes or takes things slow?

(Below you will find the main points of this week's sermon along with discussion questions. Feel free to use, reword, or omit questions depending on the needs of your group and the time needed for prayer, care, and fellowship. Thank you for your leadership.)

Thought #1 – Jesus slowed down and was present with the people in front of Him!
Verses: Mark 5:21-43

- Pastor Kevin said, "Our rhythms are really important, not because our practices gain us favor with God, but because they put us in the right posture and position to develop real relationships with God and others."
    - How might the spiritual discipline of slowing down help you in your relationship with God?
    - With others?
- How might slowing down in God's presence help us in our relationships with other people?
- Tell your story. Tell of a time in your life when someone really took their time, slowed down to meet with you, and was attentive to you. How did this make you

feel? How has this interaction helped you know how to be with others?

Thought #2 – Slowing down helps us to take notice of who is in front of us!

Verses: Mark 5:21-43

- Pastor Kevin said, "Hurry says move on. Slow down says press into the moment." When we are always in a hurry, we can find it difficult to be fully present with God and others. Have you experienced this? How does living a hurried life affect your relationship?
- In the stories of Mark 5, we see that Jesus is present and attentive to a church official AS WELL AS a woman who was considered to be unclean. We see the scope of his care and attentiveness. How does it make you feel knowing that Jesus was fully present and available for all sorts of people? How does it make you feel about approaching Him?

Thought #3 – All of this requires His power to help us!

Verses: Mark 5:21-43

- The practices that we have spotlighted during this sermon series can be done with Jesus or apart from Him. Even people who are not religious in any sense practice such things as slowing down, simplicity, solitude, and silence. What effect do you think doing these practices "with Jesus" has on the life of Believers?
- When it comes to silence, solitude, simplicity, slowing down, and sabbath, where do you need the power of the Lord the most? Why?

Questions for Pastor Todd Keller or Julie Burch regarding your REMIX group?

- Email: Todd tkeller@collegechurch.com
  Julie groups@collegechurch.com

***Remember to record your attendance for the week. Thank you.

How can we pray for each other this week?

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