

Jesus: Serving, Sovereign Savior
Mark 1:21-45 – A Different Rest

Intro: What do you do to find rest for your body when you are weary, when you are emotionally or spiritually worn?

On a Sabbath day Mark presents Jesus as the One that came to give a different rest to those that believe in Him.

I. Rest from _____ – Mark 1:21-22, 27

Jesus spoke with _____ because he taught the truth and those that listened found rest from legalism, burdens.

God's Word—the Bible--needs to be our _____ authority (2 Timothy 2:15; Psalm 119:105).

II. Rest from _____ – Mark 1:23-26, 32-34

People that are spiritually _____ by spiritual darkness have as their only hope the delivering power of Jesus.

_____ recognize who Jesus is and fear his authority and know His power is greater than their power.

Matthew 11:28-30 – Jesus gives rest to all who come to him and submit to his authority—meaning living by the Bible and in his power.

III. Rest from _____ – Mark 1:30-33, 40

Sickness, spiritual oppression, and terminal diagnoses can rob people of hope and rest unless they know where to turn.

While true that Jesus performed _____, it is more important to see the larger point that Mark is making.

1. Our greatest need is not healing or deliverance, it is forgiveness, salvation, and rest through a restored relationship with God.
2. Jesus is the serving, sovereign Savior who has the authority to call people to place their faith in him and to follow him.
3. "Following Jesus means full surrender to the total claim and authority of the triune God (Mark 1:10-11). It also means full and perfect rest, protection from evil, oppression, and fear...There is comfort in knowing that his rule and love for people never ends."

Conclusion: Do you know this rest that Jesus alone provides?

Small Group Questions

1. Other than the Bible, which source of authority—reason, experience, or tradition—exerts the most influence in your life?
2. The scribes were careless in their handling of the scriptures. How can we guard ourselves from doing the same? Answer this from 2 Timothy 2:15 and Psalm 119:105.
3. Share a time that you found “rest” in your life because of God’s Word.
4. What does 1 John 3:8 say concerning the works of the devil? What does Jesus’ absolute authority over demons mean for us today?
5. Read Matthew 11:28-30. What conditions need to be met to know the true rest that Jesus promises?
6. Which is more important to focus on, physical or spiritual deliverance? Why?
7. Discuss from your notes the larger point than Jesus performed miracles that Mark is making.
8. How is God calling you to think differently?
9. What is God calling you to do as you go about your daily life?