

We may put on a good front to the watching world, but we cannot fool God. He sees into the deep, secret place of our hearts. "Nothing in all creation is hidden from God" (Hebrews 4:13a). But by the same token, no one can reach into that deep, secret place like God can. Why not lay every hidden struggle at His nail-pierced feet now? The Lord loves you and He promises *real* rest to the weary. You do not have to pretend anymore. You can have joy in the Lord.

DERAILED

Text: Mark 3:7-30

Plain Truth:

Choosing a life of _____ renews us,
while _____ depletes us.

- 1) Be intentional with _____ over _____.
- 2) Be intentional with _____ over _____.
- 3) Be intentional with _____ over the _____.
- 4) Be intentional to _____ over _____.

One Year Bible Reading

Feb. 18: Leviticus 6:1-7:27, Mark 3:7-30, Psalm 37:1-11, Prov. 10:3-4

Feb. 19: Leviticus 7:28-9:6, Mark 3:31-4:25, Psalm 37:12-29, Proverbs 10:5

Feb. 20: Leviticus 9:7-10:20, Mark 4:26-5:20, Psalm 37:30-40, Proverbs 10:6-7

Feb. 21: Leviticus 11:1-12:8, Mark 5:21-43, Psalm 38:1-22, Proverbs 10:8-9

Feb. 22: Leviticus 13:1-59, Mark 6:1-29, Psalm 39:1-13, Proverbs 10:10

Feb. 23: Leviticus 14:1-57, Mark 6:30-56, Psalm 40:1-10, Proverbs 10:11-12

Feb. 24: Leviticus 15:1-16:28, Mark 7:1-23, Psalm 40:11-17, Proverbs 10:13-14

February 17 & 18, 2018

Life Group Lesson

Week of February 18

Setting our lives at a pace with no room for rest and refueling is simply not sustainable. Bowing to busyness overtime is sure to derail our journey and steal our joy. The Lord wants us to be productive, but the question is, are we choosing to use our energies towards choices that align with God's purpose? The big issue is not that we are busy over the right things, but that we are hurried to the point of neglecting ourselves and others. A hurried soul is unable to stop and spend *real* time with the Lord, family, friends—people He has put in our lives as gifts. God is your refuge and strength. So *today* 'Be still, and know that *He* is God' (Psalm 46:10).

Read Mark 3:7-20

As busy as Jesus was, His focus was in the right place. Throughout the Gospel accounts it is easy to see how Jesus could have easily burned out. But He didn't. The Lord was never in a hurry and yet He didn't waste time. There were crucial junctures when He pressed on (Luke 9:51), other occasions when He appeared to be taking too long (John 11:5), and numerous times when He slipped away by Himself for solitude with the Father (Mark 1:35). He refused to fall sway to the voice of 'prove yourself' or the demands of 'show us a miraculous sign'. He kept balance. The Lord shows us how to set a pace that fulfills the Father's will and accomplish items on heaven's calendar.

1. Currently, are you experiencing 'balance' in your day-to-day life? If so, briefly share with your Life Group one or two practical things that help you.

If your life is out-of-balance right now, stop and consider what may be causing your journey to suffer. Jot down your thoughts in the space below (be really honest with yourself)—

Many things can cause us to over-work ourselves. It may be that we are trying to impress someone or win approval. We may be avoiding issues at home, or even competing with a friend at work for a promotion. All these (plus many more root issues) may appear worthy and innocent at first. But if we are not careful – if it is not God's direction for us – these things can become serious distractions to the one who wants to follow Christ. The Lord wants us to work and find satisfaction in what we do. But His ultimate purpose for us is to worship Him, love Him and others, and bring Him glory by bearing fruit—people into His Kingdom (John 4:36).

2. Be intentional with others. Created in God's image, people are the most valuable resource we have. You may be all about God's work. But is *doing* God's work killing the work of God in you or exhausting those around you? You will not bring in the Kingdom all by yourself. Refer to the following passages and note how Jesus trained His disciples:

Luke 10:1-2

John 6:1-11

Mark 11:1-7

John 13:1-5

Jesus was always on mission. When He did take time to rest in the Father, His purpose was ever before Him. Jesus cared for all who came to Him—He healed them of sickness, diseases, demonic oppression, mental and emotional anguish. He raised the dead and forgave sin. His miracles proved that His authority came from beyond this world—from a holy place of power where seated is God Most High! At one point the people exclaim: "Surely, He is the Prophet we have been expecting!" (quoting Deuteronomy 18:15)... But when Jesus saw that they were ready to force Him to be their king, He slipped away into the hills by Himself" (John 6:14-15).

3. Be intentional with self. While many demands tug at us, we must continually focus on God so that we can focus on God's plan for us. How can bowing to the 'agenda' of others cause derailment?

Under whose 'agenda' should we submit? (see Matthew 16:23, Mark 14:35-36)
How do you submit to the Lord's bigger purpose for you without neglecting others?

Jesus loved Peter and saw the *Rock* that Peter would become. And yet, when Peter posed a distraction to heaven's assignment for Jesus, the Lord rebuked him: "Get away from me, Satan! You are a dangerous trap to me. You are seeing things merely from a human point of view, not from God's" (Matthew 16:23). Are you focused on your assignment from heaven like Jesus was? The only way we can be, is to spend time with the Lord daily—in His presence, in His Word, leaning into His Spirit, and praying without ceasing (1 Thessalonians 5:17).

4. Be intentional with boundaries. What boundaries do you have in place to protect you—your mission, your integrity, your marriage, your family, your time with the Lord?

What do you need to re-think/change? Jot it down in the space below. Give it to God.

While the religious leaders were preoccupied with devising a plan to get rid of Jesus, the Lord Jesus was about His Father's will: "Meanwhile, the crowds grew until thousands were milling about and stepping on each other, Jesus turned first to His disciples and warned them. 'Beware of the yeast of the Pharisees—their hypocrisy. The time is coming when everything that is covered up will be revealed, and all that is secret will be made known to all'" (Luke 12:1-2).