

WHEN LIFE WEARS YOU OUT

MARK 7:24

INTRODUCTION:

1. If you are always tired with more work to do than you have the time or energy to do it, you may be on the verge of burnout.
2. In Mark 7.24ff, Jesus struggled with exhaustion because of all the people who needed something from Him. (Mark 7.24-8.10)
3. In every case, exhaustion comes because of other people.

I. THE CAUSE OF EXHAUSTION

- A. Exhaustion is caused by popularity.
 1. Jesus left Galilee and went into Phoenicia to get away from the crowds. (Mark 7.24; cf. 6.53)
 2. Jesus left Phoenicia and went to Decapolis and was again surrounded by the multitudes. (Mark 7.31,32)
 3. Jesus went into the wilderness and once again was followed by more than four thousand people. (Mark 8.1)
- B. Not tired of people but tired because of people.
 1. He tried to hide Himself in Phoenicia, but they still found Him. (Mark 7.24-26; Matt. 15.23)
 2. He tried to take a man in need aside privately and away from the crowds. (Mark 7.33,34)
 3. He wanted to send the four thousand away. (Mark 8.3,9)
- C. Have you ever felt exhausted and on the verge of burnout?

II. THE CURE FOR EXHAUSTION

- A. Jesus tried to recharge by seeking privacy.
 1. Jesus went away, aside from the crowd, and wanted to send them away. (Mark 7.24,33; 8.9)
 2. Take care of yourself as well as others. (Phil. 2.4)
 3. In doing so, we have the mind of Christ. (Phil. 2.5)
- B. Two practical ways to recharge.
 1. Spend quality time with family. (cf. Mark 3.14)
 2. Find a hobby as a way to spend time alone.

CONCLUSION: Jesus lived His life for others.

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MARCH 22, 2026

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“Go into all the world and preach the gospel to every creature”

-Mark 16.15

March 22, 2026

MEETING TIMES:

SUNDAY MORNING BIBLE CLASS : 9:00 AM

SUNDAY MORNING WORSHIP: 9:50 AM

SUNDAY EVENING WORSHIP: 6:00 PM

WEDNESDAY EVENING BIBLE CLASS 7:30 PM

Our Continuing City

In this life, we know that all good things will come to an end. We cannot take our material blessings with us (1 Tim. 6.7). Our relationships will come to an end (Rom. 7.2). Our lives will end (Heb. 9.27). But we look forward to a time when all good things will never come to an end.

In Hebrews 13, we are told that *“here we have no continuing city, but we seek the one to come”* (Heb. 13.14). The word translated as “continuing” is “meno.” It carries the idea of remaining. This verse tells us that our home on this earth is not permanent. It will not continue. However, there is a city that is to come that is permanent. When you keep reading, verse 16 says that *“God has prepared a city for them”* (Heb. 13.16). Where is this city? Philippians 3 provides the answer. In verse 20, it says that *“our citizenship is in heaven.”*

Who gets to live in this eternal city? In 1 John 2.17, the world is compared to the life that is to come. There it says that *“the world is passing away, and the lust of it; but he who does the will of God abides forever.”* The word translated as “abides” is “meno,” which is the same word translated as “continuing” in Hebrews 13.14. The one who gets to live eternally in heaven is the one who does the will of God.

In heaven, there is a continuing city prepared by God through Jesus (John 14.2-4). It is waiting for the day when it will be inhabited by those who live by the direction of God’s revealed will, the Bible. Will you be among the inhabitants? CLP

WHERE HE LEADS, I'LL FOLLOW

NUMBERS 10:13

INTRODUCTION:

1. The reason why many will fail to enter into eternal life is not because of a lack of direction. (Matt. 7.13,14)
2. Israel never came into the promised land because they refused to go where God led them. (Num. 10.13; Deut. 1.2)
3. Heaven waits for those who follow God's lead.

I. THREE REASONS WHY ISRAEL FAILED

- A. Israel failed because they looked back instead of forward.
 1. **Numbers 11.1-6:** The complaint of Israel.
 2. **Numbers 11.33,34:** God's anger and judgment.
 3. Looking back toward the world will keep us from heaven. (Luke 9.62; 1 John 2.15,16)
- B. Israel failed because of pride.
 1. **Numbers 12.2,3:** The pride of Aaron and Miriam.
 2. **Numbers 12.15:** God's anger and judgment.
 3. Pride will keep us from heaven. (Prov. 16.18)
- C. Israel failed because of a lack of faith.
 1. **Numbers 13.30,31:** After hearing a report, Israel wept and grumbled. (cf. Heb. 3.19)
 2. **Numbers 14.23:** God's anger and judgment.
 3. Lack of faith will keep you from heaven. (Heb. 3.12)

II. ONLY ONE WAY TO REACH HEAVEN

- A. How do we reach heaven? Follow God's direction!
 1. Before Israel left, God gave them specific directions on how to get to the land of promise.
 2. Repeatedly, Israel was instructed to act in keeping with "*the command of the Lord*" (Num. 9.15-23)
- B. What does obedience to God's commands look like?
 1. **Numbers 9.15,16:** Trust in the presence of God to lead you where you need to go. (Deut. 1.19; Heb. 13.5)
 2. **Numbers 9.21:** Be ready to take action when God instructs us to go. (James 4.17)
 3. **Numbers 9.22:** Have the patience to wait for God instead of plotting our own course. (James 4.13-16)

CONCLUSION: We have direction. Are you willing to follow it?

Sympathy Through Experience

Is it required that you experience something before you are capable of expressing sympathy to another? Do you need to have lost a job to understand someone who has lost a job? Do you need to feel the fear of having a life-threatening disease to understand what someone with cancer is going through? Do you need to experience the powerful seduction of temptation to understand the spiritual struggles of another?

In our modern language, we make a distinction between sympathy and empathy. Sympathy is the intellectual acknowledgement of suffering. It is looking at another and acknowledging that they are in pain and feeling sorry for them. Empathy is the shared experience of suffering. It is looking at another and feeling their pain because you yourself have also experienced the same. It is true that you do not have to get shot to know that getting shot is painful. But you will not fully understand the pain until you experience it firsthand. If you suffer from arthritis pain, I can sympathize with you and feel bad for you, but I cannot empathize with you having never had arthritis myself. If you suffer from back pain, I can empathize with you because I experience the same kind of pain. True understanding comes from experience.

Consider the words found in Galatians 6.1. It is there that we are told that "*if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.*" The way we are to restore a brother who is caught up in sin is with gentleness. We are not to shame them. We are not to put on an attitude of arrogance. We are to help them in a way that is kind. What can help us develop an attitude of gentleness? We consider ourselves. The idea is that we think about our own mistakes. Think about how we have struggled in the past. And then use those experiences to approach the struggling brother with a heart of understanding. Since I know from experience the powerful allure of temptation, that enables me to approach this brother with kindness.

It is for this reason that God selected a human to serve as a mediator between man and God. In Hebrews 5.1, we are told that a high priest had to be human. The next verse explains why. It says that "*He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness*" (Heb. 5.2). What made a high priest effective was his ability to understand the weaknesses of others since he also had those weaknesses. It was essential that the one who meditated was someone who could empathize with others.

There is no one more empathetic than Jesus. He Himself became human and experienced the difficulties and challenges we face so that "*He might be a merciful and faithful High Priest*" (Heb. 4.15). Right now, Jesus mediates for us as someone who understands. CLP