

# The Uninterrupted Conversation, Mark 1.35-39, 10.11.15

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## Introduction

1. **Pic of an uncrowded and then crowded bus or subway.** Imagine yourself on a crowded bus standing with other passengers. You enter the bus with your best friend while you're talking about an important decision that has to be made that day. The bus stops to take more passengers and it quickly fills. There are voices around you; cell phones ringing; an ambulance passes; your friend recognizes someone; a child starts crying; a drunk bumps into you; a crazed man stares your way. You are no longer able to have your uninterrupted conversation. Have you ever felt like your life was that way? You begin with the best of intentions and then it seems like you're jerked around from one distraction to another and life feels like one big interruption. When is life ever going to slow down?
2. Jesus had the same potential for his own life. Mark 1.27-28, 32f, 35ff, 40-45, 3.7-8. He had a huge fan base, an unimaginable needy population, demonically charged antagonists, immature disciples who needed supervision and the greatest assignment ever given to a person. Yet, nothing kept Him from fulfilling His purpose and at the end of his life he was able to say, "I brought you glory by finishing the work you gave me to do."
3. How did he do it? Mark is very unique in that it gives us some information that provides insights on how Jesus, the busiest person who ever lived, was able to have an uninterrupted conversation with his Father.
4. **Scripture from Mark:**
  - a. 1.12-13
  - b. 1.35
  - c. 1.45
  - d. 2.13
  - e. 3.13
  - f. 5.35-43
  - g. 6.31
  - h. 6.45-46
  - i. 7.24
  - j. 7.33
  - k. 8.23
  - l. 9.2
  - m. 9.30-31
  - n. 10.32-34
  - o. 14.32-35

5. Summary of key words and ideas: by himself, alone, solitary places, withdrew with his disciples, he put out others, took only Peter, James & John, come away with me to a quiet place, he got away from the crowd, took them aside, he went by himself.
6. Jesus, the busiest man in the world with the world's most important job, had to intentionally break away from the busyness of life to stay connected with His Father's heart and will and those closest to Him.

**Big Idea: You are as deep with God and others as your regular, uninterrupted, quiet encounters with Him and them.**

### **The 24/7 FOMO Culture and You**

Constant connectivity along with unlimited possibilities leads to a shallow, disjointed and dissatisfying lives. We're missing God and each other at deeper levels b/c we've come to believe that the instant and reactive is more enjoyable than the grown and cultivated.

"I have to check my twitter feed, LinkedIn account, fb, text, email, foursquare, newsfeed, espn or fox because something more important or interesting than you who is standing before me or my Bible opened near me might be happening

**Image of a crowd.** The crowd is a metaphorical term meaning both the constant availability plus the busyness plus this "fear of missing out." If you don't control the crowd, the crowd will control you. ." Do not be misled, your 350+ friends on fb are nothing but a crowd yelling at you to come over here and visit this. Your cell phones are nothing but a crowd in your pocket clamoring for your attention.

Just the word itself describes what it does to you – confinement, tight place, restrictive, noisy. It's the very opposite of quiet, uninterrupted time with God and others.

The machine is driving us. The machine of technology, entertainment, materialism and experientialism is trumping regular, uninterrupted, quiet encounters with the Father and each other. As Elijah the prophet found out, God didn't speak to him in the windstorm, earthquake, or fire but in the whisper. You don't hear a whisper in a crowd.

**How did Jesus deal with his crowd?** He was busy doing His Father's work and then he intentionally broke away from crowd (people, activity, pressure) to be alone with His Father and closest friends.

### **Silence, Solitude and Slow**

From these passages, we see Jesus intentionally pushing away from the noise, the bustle and attention to be alone, quiet and slow. As one person stated: We were made for the rhythms of silence and noise, community and solitude. It's unhealthy to always have people around, as well as to rarely want them. God made us for cycles and season, for routines and cadences.

### Constant Activity-----→Exhaustion of the Body

- Maintaining Stuff and being on the go wearies
- We're raising a generation of rushed kids whose parents are driven by FOMO.
- What we see in Jesus is the natural breathing of life – intensity followed by quiet; work followed by rest; six days of work followed by the Sabbath.

### Constant Interaction-----→Exhaustion of the Soul

- Interaction with information, people or situations. There is no longer a socially understood "off" button. In other words, we turn off the tv after a certain hour, we don't contact people after a certain hour, we put things off b/c they can't be purchased

### Constant Availability----→Exhaustion with Relationships

- If you spend all your time with the same people, you eventually grow weary with them.
- It's proven that the need to be constantly available leads to anxiety, depression and lack of quality sleep. <http://www.stonehearthnewsletters.com/teen-anxiety-depression-fueled-by-pressure-to-be-constantly-available-on-social-media/depression/#sthash.BIttReu8.dpuf>
- I believe it's like hyper vigilance. You're always "on" but you can't live in that mode w/o it wearing you down and negatively impacting your relationships.
- This is what it develops: we are available, but we aren't fully present with people or God. I'm engaged in a conversation, but I'm constantly scanning for what's next . In other words, the bus fills up and I'm distracted.
  - Mildred Aucoin's comments about her family visiting with her and they all sit on the coach looking at their cell phones with the tv blaring.

There is an interesting progression with Mark 14. In ch.11-13, Jesus has entered Jerusalem and everyone wants to spend time with him; crowds are following him wherever he goes. It's like the recent visit of Pope Francis in America. There's constant activity, interaction and availability, but it slows down in ch.14. Where is he, what's he doing & who is he hanging out with? In his final descent before his trials, torture and death, he's with those closest to him sharing a meal and encountering His Father. It begins with an extended group, then it moves to the 12, then the 3, then only him & the Father and then 14.43 "Judas arrived with a crowd."

What all these passages are teaching us is that you cannot always be on the go, always connected, and always available. There is a rhythm of sustainable life that must include quiet uninterrupted times with God and those closest to us.

**Rest from Activity -----→Greater Fruitfulness**

**Silence from my Surroundings-----→Better Hearing**

**Solitude from Others-----→Healthier Relationships**

**There are some critical areas of healing that only can happen in quite, uninterrupted moments with God and/or others - 5.35-43; 7.33-35; 8.23-26.**

Have you ever experienced a time when it's just you and the HS and the Bible or a book and suddenly you are in this life altering moment? Or maybe it's in a vulnerable and honest conversation or series of conversations with an individual and God undoes something inside of you?

Animals do instinctively what we sometimes resist internally. When they're sick, they get quite and alone. If a couple really wants to get help, they have to get alone from the regular routine of life and have a private conversation with a counselor. Some of us know that there are things wrong or out of balance in our lives, but we're scared to have that quiet conversation with God or others...to pick up the book, listen to the sermon, go to the counselor or do a ruthless inventory of your life. You would rather be busy b/c you're afraid what it may reveal. Yet, it's the door way to your healing

**There are some truths that can only be shared in private - 9.2, 30f**

You are as intimate with God as your regular, quite, uninterrupted encounters with him. Too many of us are the echo of someone else's conversation with God. I'm not suggesting that the depth or intimacy will sound profound or unique, but that your heart, mind and body will reflect a deep trust in His goodness and a personal experience of His love.

My monthly drive on Saturday & Sunday mornings at 5 AM to the base. It's a long quite uninterrupted moment with God. It's dark. I'm not on the phone, nor listening to the radio, or fighting traffic. I don't know that anything profound has happened, but my spirit, soul & body is calmed. When I return, I normally call my parents one day and my grandmother the next for a long uninterrupted, slow conversation. We reconnect on a personal level.

Jesus had private conversations just to hear the Father's voice; the disciples had private moments to hear Jesus' voice; and so we must have private time to hear the Spirit's voice.

**Big Idea: You are as deep with God and others as your regular, uninterrupted, quiet encounters with Him and them.**

**Conclusion: (for the back of the bulletin)**

Using the bus analogy, how crowded is your bus?

Which verses speak to you about how Jesus dealt with the “crowd”?

If you were to compare yourself to a battery, how much charge do you have? What is draining you – activity, interaction or availability?

What are two concrete steps you can take to have quiet, uninterrupted times to experience God and to be fully present with others?