



The gospel according to
MARK

³⁵And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. ³⁶And Simon and those who were with him searched for him, ³⁷and they found him and said to him, "Everyone is looking for you." ³⁸And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out." ³⁹And he went throughout all Galilee, preaching in their synagogues and casting out demons.

⁴⁰And a leper came to him, imploring him, and kneeling said to him, "If you will, you can make me clean." ⁴¹Moved with pity, he stretched out his hand and touched him and said to him, "I will; be clean." ⁴²And immediately the leprosy left him, and he was made clean. ⁴³And Jesus sternly charged him and sent him away at once, ⁴⁴and said to him, "See that you say nothing to anyone, but go, show yourself to the priest and offer for your cleansing what Moses commanded, for a proof to them." ⁴⁵But he went out and began to talk freely about it, and to spread the news, so that Jesus could no longer openly enter a town, but was out in desolate places, and people were coming to him from every quarter.

Mark 1v35-45 (ESV)

Intentional rhythms of *being* then *doing*
lead to a life of Kingdom impact.

Rhythms of *being* with the Father are essential for those who follow Jesus.

Being with the Father confirms your identity.

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Being with the Father transforms your character.

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Being with the Father motivates your purpose and mission.

"I want to encourage all believers to get into the habit of rising early to meet with God...anyone who spends one, two, or three hours in prayer and meditation before breakfast will soon discover the beneficial effect early rising has on the outward and inward man."

- George Müller

Rhythms of being are necessary because we are conditioned to cultivate a life of doing more than being.

Why must we be intentional about being with God?

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1

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We are conditioned to *do* based on other's expectations.

2

We are conditioned to *do* based on self-expectations.

Cowardice keeps us double minded - hesitating between the world and God. In this hesitation, there is no true faith - faith remains an opinion. We are never certain, because we never quite give in to the authority of an invisible God. This hesitation is the death of hope. We never let go of those visible supports which, we well know, must one day surely fail us. And this hesitation makes true prayer impossible - it never quite dares to ask for anything, or if it asks, it is so uncertain of being heard that in the very act of asking, it surreptitiously seeks by human prudence to construct a make-shift answer.

- Thomas Merton

Rhythms of being precede effective doing.

What made Jesus' doing effective?

Right motivation

&

Right response

God is more concerned about who you are becoming than what you are doing.

So if *being* with the Father must precede effective doing, then why is it so *hard* to be alone with God?

Why is it difficult to cultivate a relationship with Jesus, taking time to just be with him?

Distraction/Restlessness

There is a congenial disquiet inside us that is, today, being fanned to a high flame by the culture.

Ronald Rolheiser

*We hunger for life and rarely connect this
hunger to the bread of life.*

Ronald Rolheiser

Hurry/Busyness

What might God be calling you to say "no" to in order to cultivate greater "being" in your life?

Fear

What lies beneath the surface – of the oceans of our lives – really matters. Whether I know something is there or not is in some ways irrelevant. My awareness of it or lack of awareness doesn't make it any less real...

One of the primary functions of solitude is to settle into ourselves in God's presence. This is not easy and it takes time. But it is the answer to the heart cry that erupts when we have been distracted for too long by surface concerns. "I have lost myself!" we cry. Solitude is the only way to find ourselves again. And the longer we have been lost to ourselves, caught up with external stimulation, the longer it takes to find our way home again.

Ruth Barton

Mired in our own willfulness (a form of unbelief).

Intentional rhythms of *being* then *doing*
lead to a life of Kingdom impact.

Be with or burn out.

You are more than what you do.

Your effectiveness to join in God's
Kingdom work is directly proportional to
your cultivation of being with the Jesus.

Rule of Life

What are your rhythms to cultivate being in order to have an effective life of doing for Jesus?

Daily

Weekly

Monthly

Seasonally

Annually
