

Boundaries-"Yes-ing Ourselves to Death"-September 12 & 15, 2019

Scripture: Mark 1.32-28

Mark 1.32-28 (NIV)

³² That evening after sunset the people brought to Jesus all the sick and demon-possessed. ³³ The whole town gathered at the door, ³⁴ and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ³⁶ Simon and his companions went to look for him, ³⁷ and when they found him, they exclaimed: "Everyone is looking for you!"

³⁸ Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."

John 6.26-27 (NIV)

²⁶ Jesus answered, "Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. ²⁷ Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval."

Read and Discuss

Introduction

Pastor Jacob continued the series on *Boundaries* this week. This series is all about the biblical idea of establishing and keeping healthy boundaries. This week we focused on the boundaries that come with saying "no" to some things. As with the boundaries that God designed for our good, we can create freedom in recognizing that every "yes" is also a "no" to something else. Sometimes we have to say no to something that is good in order to do the thing that is even better. If we don't, we can "yes" ourselves to death.

Engage the Scripture

- Pastor Jacob shared about a recent "yes" to his daughter that meant a "no" to the church (his job and one of his biggest callings in life). Instead of preaching at the Thursday night worship service, he videoed the message so that he could attend his daughter's homecoming event. Have you ever been faced with a big choice like this one? Describe.
- When faced with a big decision like you described above, have you ever made your choice and then regretted it—knowing that you really should be at the other place, with the other person? How does it feel to make the "wrong" choice? In what areas of your life are you most likely to say "yes" to the wrong things? Work? Home? Extended family?

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- Read Mark 1.32-38. What is surprising about this passage? Is it hard to imagine Jesus saying "No" to someone in need? Jesus was setting a boundary here. What might this boundary have allowed Jesus to do? What could it prevent from happening?
- Does a boundary mean Jesus had limits? If Jesus was fully God and fully human at the same time he had limits. Are you able to identify your own limits? When are you tempted to hide your limitations and say "yes" to something that isn't yours to do?
- In John 6, Jesus had just fed 5,000 people. After leaving that scene, the people tracked him down for more. His response was,

"Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. ²⁷ Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval." (Mark 6.26-17)

Why would this "no" be beneficial for his hungry fans?

- What do you need to say "no" to in this season of your life?

Prayer

God has said yes to you. God has given you life even through the boundaries God has created for you. Pray that Jesus would always remain your biggest "yes".