

THE SERVANT KING MANAGES STRESS

(Mark 3:7-21)

In our busy world, stress seems to be an everyday occurrence. How do we deal with it? The pressure Jesus faced was immense. We can learn some valuable lessons from Christ for dealing with the pressures of life.

I. REALIZE JESUS UNDERSTANDS THE PRESSURES OF LIFE (vv. 7-12)

1. Jesus wants a getaway boat to take a much-needed break. He withdraws with His disciples to the countryside.
2. The pressure comes from those who follow His popularity.
 - Hordes and hordes of people are demanding attention.
 - He is crowded by two groups: the sick and the demonized.
 - Jesus was 100% God but also 100% man. He felt the immense stress.
3. Jesus understands the pressure of the race we are running day in and day out.
 - He knows what it is like to reach out and take care of others.
 - He knows what it is like to deal with demands from every direction.
 - He knows the assaults from a demonized culture that is against your every move to live a life of faith.

II. FOLLOW JESUS' EXAMPLE FOR DEALING WITH THE STRESS OF LIFE (vv. 13-19)

1. Jesus got away for a moment.
 - He came to save humanity, but there were times He needed to be alone.
 - We need silence: every day for a moment, once in a while for extended periods.
2. Luke's parallel account (Luke 6:12) reveals the major motive for Jesus' retreat: prayer.
 - He spent the night praying.
 - Jesus exposed His heart to the Father. If He did, shouldn't we?
 - Our relationship with Him will become much more real and personal.
 - Our ability to clearly hear God's voice will rise dramatically.
 - God promises clear direction and wisdom to those who seek Him.
 - The spiritual power of our lives will increase greatly.
 - We will experience far greater power to withstand trials, temptations, and spiritual attacks.
3. Jesus shared His responsibilities with others.
 - He appointed them to do the same things He was doing.
 - Jesus had intimate friendships who came to personally know Him.
 - We need time to develop friendships among those with whom we share our life.

Take time to be alone. Take time to be with God. Take time to be with those closest to you.