

JUST ANOTHER DAY IN THE LIFE OF JESUS

Mark 1:21-45

In a 24 hour period, if you're an adult of average weight, here is what you accomplish: Your heart beats 103,689 times; your blood travels 168,000,000 miles; you breathe 23,040 times; you inhale 438 cubic feet of air; you eat 3.25 pounds of food; you drink 2.9 quarts of liquids; you lose 7/8 pound of waste; you speak 4,800 words, including some unnecessary ones; you move 750 muscles; your nails grow .000046 inch; your hair grows .01714 inch; you exercise 7,000,000 brain cells.¹ And tomorrow you get to do it all over again. No wonder you feel tired!

Beginning in Mark 1:21, the gospel writer gives us a glimpse into one day in the life of Jesus. Mark writes, "They went to Capernaum, and when the Sabbath came, Jesus went into the synagogue and began to teach."² Capernaum, located on Galilee's northwestern shore, was the home town of Peter, James, John, and Andrew; and was Jesus' base of operations during most of His public ministry. The "Sabbath" would begin at 6:00 p.m. Friday and go through 6:00 p.m. Saturday. On this particular Sabbath day, Jesus went to the synagogue,³ and following the Jewish custom, as a visiting teacher, was allowed to teach.

"The people were amazed at His teaching, because He taught them as one who had authority, not as the teachers of the law."⁴ The word "amazed" is an extremely

¹ Source unknown.

² Mark 1:21. The "they" is a reference to Jesus, Peter (Simon), James, John, and Andrew.

³ In any location where there were at least 10 male heads of families, Jews could establish a synagogue. The synagogue would then become the center of social, educational, and religious life in the community.

⁴ Mark 1:22

strong word meaning to be “astonished,” even to the point of being terrified. Jesus’ teaching confronted the people with the “absolute claim of God upon their whole person...(reflecting) an awareness of the disturbing character of His presence.”⁵

“Just then a man in their synagogue who was possessed by an evil spirit cried out, ‘What do you want with us, Jesus of Nazareth? Have You come to destroy us? I know who you are—the Holy One of God!’⁶ Having battled Satan in the wilderness⁷, Jesus now confronts a demon in the synagogue. To “cry out” suggests a shriek, or cry of terror. The phrase, “Have You come to destroy us,” is not a question, but a declaration. The demon know why Jesus had come. However, don’t become so consumed with demon possession, that you miss an astonishing confession—the demon knew exactly who Jesus was. The demon called Jesus “the Holy One of God,” nothing short of a Messianic title.

“Be quiet!’ said Jesus sternly. ‘Come out of him!’ The evil spirit shook the man violently and came out of him with a shriek.⁸ As a result of this encounter, Mark records, “The people were all so amazed that they asked each other, ‘What is this? A new teaching—and with authority! He even gives orders to evil spirits and they obey him.’ News about Him spread quickly over the whole region of Galilee.”⁹ Two things need our attention from these verses. First, Jesus’ fame starts to spread. Second, unlike the demon, the people don’t recognize Jesus for who He was. Thus, they came to see Him out of curiosity, not out of a need for confession and repentance.

⁵ William Lane. 1974. *The New International Commentary on the New Testament: The Gospel of Mark*. Grand Rapids, MI: William B. Eerdmans Publishing Company, (p. 72, and footnote #10, p. 72).

⁶ Mark 1:23-24

⁷ Mark 1:12-13

⁸ Mark 1:25-26

⁹ Mark 1:27-28. The word “amazed” in v. 27 is a different Greek word than the word “amazed” in v. 22. The difference is that in v. 22 there is an element of fear, but in v. 27 it is more of amazement out of curiosity.

This is a good place to stop and make an application. Today's big lesson is: *Jesus came to make broken people, whole again.* The Bible says He came "to seek and to save what was lost."¹⁰ Jesus said, "The time has come...The kingdom of God is near. Repent and believe the good news!"¹¹ To be "saved" is usually defined as "being brought back into a right relationship with God." The fact that, through faith in Jesus Christ, we can be brought back into a right relationship is "good news." Salvation, however, is so much more than that! Jesus wants to do so much more for you than forgive your sins, give you eternal life, and bring you back into a right relationship with God.

Among other things, the word translated "saved" in the New Testament means "to be made whole again." The same word translated "save" in Luke 19:10 ("to seek and to save what was lost"), is translated "healed" in Mark 6:56, And wherever he went—into villages, towns or countryside—they placed the sick in the marketplaces. They begged him to let them touch even the edge of his cloak, and all who touched him were healed."¹² (The New American Standard Bible translates the word in Mark 6:56 "cured.")

Have you ever put a jig-saw puzzle together? Because of sin, our lives have been "jig-sawed" into thousands of pieces. No matter how hard we try, we can't put our lives back together. But Jesus can, and that is why He came. He came to put our lives back together, making us whole again. That's salvation! That's good news! This,

¹⁰ Luke 19:10

¹¹ Mark 1:15

¹² The Greek word is *sozo*. I am not suggesting that everyone who touched Jesus was "saved," but I am pointing out that salvation means to be made completely whole.

“putting back together” affects every aspect of our lives—spiritually, physically, and emotionally.

1. Jesus came to make you spiritually whole.

Jesus put the demon-possessed man back together again, making him spiritually whole. Jesus could do so because He has complete power and authority over the spirit world. You may not be possessed by an evil spirit, but because of past decisions and mistakes, you may have given the enemy a spiritual stronghold in your life, an area that you can't get control over. I've got good news for you: Jesus came, not only to forgive you of your sins, but to give you victory over that demonic stronghold. Jesus came to set you free from that addiction, free from the spirit of drugs, alcohol, pornography, depression, anorexia, bulimia, anxiety, fear, doubt, racism, and on and on the list could go. Jesus came to make you whole again, to set you back into a right relationship with God, to guarantee you eternal life, and to give you an abundant life on earth.

2. Jesus came to make you physically whole.

After leaving the synagogue, Jesus, James, John, Andrew, and Peter, walked a short distance to Peter's home where his “mother-in-law was in bed with a fever, and they told Jesus about her. So He went to her, took her hand and helped her up. The fever left her and she began to wait on them.”¹³ Having made a man spiritually whole,

¹³ Mark 1:29-31

Jesus now makes a woman physically whole. We are not told what the fever was. Only that she was cured.

The reason this healing of “ordinary” sickness is placed beside the healing of “spiritual” sickness is because, ultimately, all sickness and disease is a result of original (or universal) sin, and thus, indirectly the result of Satanic activity. This does not mean if a person is sick it is because of sin in their own life. It does mean the reason there is sickness is because there is sin.

We live in a world that is no longer perfect, but change has come and is coming. Jesus said, “The kingdom of God is near.” God’s kingdom is here, but it is not yet complete. God’s kingdom came with Jesus’ first coming; but it will take over with His second coming. Right now, you and I are living in a time of transition. But during this time of transition God still heals. While our complete healing will not come until Christ returns, I have no doubt in my mind God desires to heal more than we allow Him to heal. Much of our physical ailments are spiritual and emotional in nature, and if we would give our lives completely to Him, He would make us physically whole.

On this day, which now bleeds into a second day, Jesus heals more than two people. Mark records, “That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, 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.”¹⁴ Jesus wants to make you whole again, spiritually and physically. But there is one more area.

3. Jesus came to make you emotionally whole.

¹⁴ Mark 1:32-34

A day or so later, as Jesus was traveling “throughout Galilee, preaching in their synagogues and driving out demons. A man with leprosy came to Him and begged Him on his knees, ‘If you are willing, you can make me clean.’”¹⁵

Leprosy was, and is, a horrible skin disease, eating a person alive from the inside out. The king of Jerusalem in the movie, *Kingdom of Heaven*, was a leper. He wore a mask to hide his disfigurement, but upon his death his sister removes the mask and gasps. In Jesus’ day, lepers were on the bottom rung of society. They were outcasts, reduced to a pitiful state of existence. As a result, leprosy not only brought deep physical anguish, but mental and emotional anguish as well.

Jesus did the unthinkable when the leper approached Him. “Filled with compassion, Jesus reached out His hand and touched the man. ‘I am willing,’ He said. ‘Be clean!’ Immediately the leprosy left him and he was cured.”¹⁶ This man’s healing was more than physical and more than spiritual. As a result of being cured, he was once again part of the community. Thus, he was cured emotionally. “Jesus sent him away at once with a strong warning: ‘See that you don’t tell this to anyone. But go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them.’ Instead he went out and began to talk freely, spreading the news. As a result, Jesus could no longer enter a town openly but stayed outside in lonely places. Yet the people still came to Him from everywhere.”¹⁷

Why did Jesus prohibit the demons from speaking about Him, and why does He now prohibit the leper from telling others what had happened to him? Jesus did not

¹⁵ Mark 1:40

¹⁶ Mark 1:41-42

¹⁷ Mark 1:43-45

want people to follow Him out of curiosity. Jesus wasn't interested in gathering a following. He was only interested in making people whole again. But the leper could not keep quiet. He had been healed, he had been made whole, he was once again part of the community, and he wanted everyone to know. When Jesus saves a person—making them completely whole spiritually, physically, and emotionally—they cannot keep it quiet. They must tell others, even if Jesus Himself, tells them not to. Could the reason that we don't more boldly talk to others about Jesus be because we have not personally experienced what it means to be made completely whole again? Are you still in need of healing—physically, emotionally, spiritually?

What are the Implications of Being Made Whole?

Not long ago, the Discovery Channel aired a show about hot-rods. Maybe it's a guy thing, but hearing the motors on a hot-rod roar is like the call of the wild. I can't explain it, but the sound awakens something inside of me, getting my blood pumping. I don't understand how a hot-rod works, but I love the way it sounds. Maybe you feel that way this evening. You don't understand anything that's been said, but it sure sounds good. More than anything, you would like to be made whole again.

What are the implications? What does it mean to be made whole again? First, it means you can break free from any stronghold that holds you captive. If God can deliver a man from a demon, He can deliver you from any sin that keeps holding you back. But you have to allow Him. You have to let go of the control you don't really have, and let Him break through.

Second, being made whole again means that even if there are scars from your past, those scars do not control your future. Remember, the kingdom of God is both now and not yet. The moment you place your faith and trust in Jesus Christ you enter God's kingdom. But in this life there are going to be hills and valleys. Sin may have scarred your past, but it doesn't have to control your future. Jesus can make you whole.

Third, because you have been made whole, you can now reach the full potential of being what you were created to be. God created you with a specific purpose in mind. Sin disrupted that purpose, but it did not destroy it. Now, because of Jesus Christ, you can live the life you were destined to live. That's why Jesus came. Isn't that good news?

CONCLUSION

Society has made us cynical. We are taught that if something sounds too good to be true, than it is too good to be true. And so we approach God's free gift of grace the same way. You are saying, "Kevin, it can't be that simple. You don't know my life. There is no way I will ever be whole again." And you are right. You can't do it. You can't make yourself whole, but Jesus can.

How do you receive God's free gift of grace? How can you be made whole? Jesus said, "Repent and believe the good news!"¹⁸ "And so John came, baptizing in the desert region and preaching a baptism of repentance for the forgiveness of sins...And this was his message: 'After me will come one more powerful than I, the thongs of

¹⁸ Mark 1:15

whose sandals I am not worthy to stoop down and untie. I baptize you with water, but He will baptize you with the Holy Spirit.”¹⁹

God’s gift of being made whole again is yours the moment you repent of your sins and believe in Jesus Christ. Then, in obedience, be baptized (with water and with the Holy Spirit), and allow the Holy Spirit to continue His work in you and through you.

Have you done those things? Would you like to be made whole right now?

¹⁹ Mark 1:4, 7-8