



rest for the weary

Sermon Growth Guide

May 26, 2024

Help We Need

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Rest for the Weary - Help We Need

Mark 2:1-17

Key Verse: Mark 2:17

“On hearing this, Jesus said to them, ‘It is not the healthy who need a doctor, but the sick. I have not come to call the righteous but sinners’”

Big Idea: In Jesus, we find the help we need.



rest for the weary

Foundations

This week we are beginning a new summer series called Rest For The Weary as we look into taking on the yoke of Christ through stories found in the gospel of Mark.

In our passage of scripture this week, we meet two people who are experiencing weariness in different capacities. Through their stories we can learn that in Jesus, we find the help we need by admitting we need help, allowing others to lead us to help, and finally, when we find the help we need, we help others in need.

When we find ourselves in weary places, there are many temptations to become trapped in weariness, to want to control your situation, and to act out in unhealthy ways to survive. When we encounter Jesus and trust that in him, we find a true and eternal rest, we begin to open our eyes and hearts to the world around us. We begin to find freedom!

In Jesus, we find the help we need. Are you willing to find it?

Understanding God's Word

Together, read Mark 2:1-17. Compare and Contrast the Story of the Paralytic Man and the Calling of Levi. What do you notice?

Applying God's Word

Which character in this story do you personally relate to? What kind of healing do you need to receive this week? Do you struggle to help others in need? What holds you back?

Witnessing God's Word

Think of someone who needs the rest that Jesus provides and find one way you can help them out this week.

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Good morning, Church! I am so glad to be with you here today on this Memorial weekend, remembering those we have gone before us and now live in glory. I was just chatting with a dear friend of mine a week and a half ago who is getting ready to meet the Lord here soon and just sat in the excitement to come knowing that there will be no more pain, no more suffering, and so much more excitement and joy as they will enter eternal rest with the Lord. Then I look at myself and the journey of life ahead of me and feel exhausted! I look at that bumper video and think man! I would love to get a little taste of that. As we have just wrapped up a wonderful and full school season, we are going to be beginning our summer sermon series together called Rest for the Weary. In Matthew 11:28-29 Jesus says this “come to me, all who are weary and heavy burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls”. For the next six weeks we will be diving into the second gospel of Mark to see what we can learn by taking on the yoke of Christ.

Rest for the Weary. I often hear the first word “Rest” and think YES, YES PLEASE! But then forget the rest of the phrase. I want to picture myself swinging in a hammock or sitting in the mountains somewhere and forget about all my problems. Just in this upcoming week, our Kids Ministry Team will be taking 60, 3rd through 5th graders up to Woodland Park for a restful and intentional time together and with the Lord. If you have ever been to a sleepaway camp or participated in Camp Ministry, towards the end of a trip, there is a phrase we use called, “coming down the mountain”. When campers come down the mountain, they often experience a huge wake up call when engaging with reality after experiencing this amazing camp time. We love talking about and visualizing and finding restful places, but none of those are truly going to give us rest if we do not address the last part of the phrase, “Rest for the Weary”. Weariness.

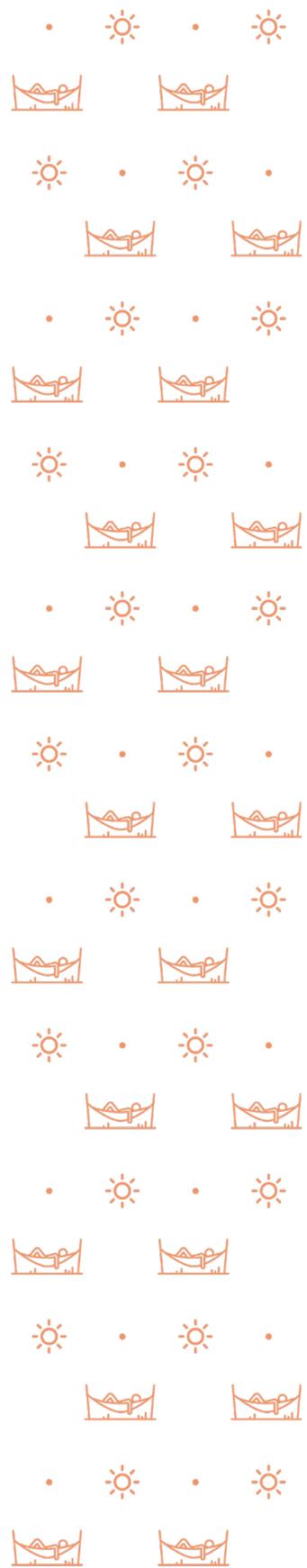
Wherever we may find ourselves on this life’s journey we experience all kinds of weariness or fatigue. Whether that comes from our jobs, our health, family dynamics, our environment, you name it, we could probably find a way to experience fatigue. Not only can we find weariness in many places, but weariness can also cause many additional problems as well. Some people

can become “addicted” to stress or this feeling of being weary. I have witnessed close friends and family members be so strained with weariness that that they have had to seek medical attention from a physical impairment. We all can experience weariness and desperately need a type of rest that can truly heal us, rescue us, save us. I’m here today to tell you that I’ve got some good news.

Our sermon today is entitled, “**Help We Need**” in which we look at a couple stories in Mark 2:1-17. Have you ever heard of the phrase, “beggars can’t be choosers”? This phrase is often redirected toward someone in need who is trying to control the parameters of exactly how their need is fulfilled. The hope is that if a person is need, they accept the help that they are given, not try to one up or get more than what a person is originally given. You see there is a difference between the help we think we need and the help we actually need.

Our passage today features two stories of people who thought they needed a particular kind of help or didn’t need any help at all and instead received something much, much better. The gospel of Mark is a good news story for a group of people quite like use in many ways, weary, in need of some rest or relief. This short, action-packed gospel was written by a man named John Mark who was closely associated with both disciple Peter and the Apostle Paul. He wrote this gospel for Christians in Rome who were undergoing some insane hardship that caused real and valid questions to arise. Questions like, is Jesus really is who he says he is, and what really does he want to do with me in my life? Just like these Christians in Rome, these are questions that we certainly go to when we experience some hardship. And just like Mark, the good news that I want to share with you today as we look at our story is that In Jesus, We Find the Help We Need. In Jesus, We Find the Help We Need. If you’ve got your Bibles, I invite you to turn with me to Mark, chapter 2:1-17.

In Jesus, We Find the Help We Need. Before we understand this idea, we first need to understand that We. Need. Help! Can we just name that and claim it today? Here, why don’t we go ahead and help each other out with this one. Go ahead and turn to your neighbor and tell them “Hey, sweet brother and sister in Christ, you need some help!” Go ahead and do it now. While you’re at it



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look to your other neighbor and tell them that they are not forgotten in this, they need help too. It is so true! We all need a little help sometimes. Even from the very beginning of the Bible in Genesis, God looks at Adam and says that, "It is not good for the man to be alone. I will make a helper for him" (Genesis 2:18). It is not good for us to do life alone! God created others to help us out. In our passage today, we meet two characters who are just like us, in need of some help. The first character is a paralytic man. We don't know a lot about his story explicitly nor how he became paralyzed. It could have been something that he was born with or something that came later in life, but what we do know is that this man is experiencing some physical weariness. Additionally, the type of mat that he lives on symbolizes a status marker showing that he was most likely also is amongst one of the poorer sections of society. Also, from a first pass through this passage there might be some additional weariness from unknown sins that needs some forgiveness.

The second player in our story today from first glance doesn't appear to be experiencing some weariness, but if we look closely, we can find that this player is just as weary as our first player. In Mark 2:13 we are introduced to a man named Levi, or otherwise known as Matthew who was a tax collector. Tax collectors were utterly despised in Biblical times because they were Jewish people who worked for their oppressors, the Romans. Additionally, they were despised because they would often cheat people that they collected from by collecting more than what was required to keep extra for themselves. By keeping more for themselves these people were sometimes well-off in society which caused some friction between other Jewish people. No offense to any tax collectors out in the room. But from our story, this person is in need of help from the strain of the relationships and friendships, and from a dishonorable way of living. For us, we certainly don't have to look far find some connection to the characters in our story today.

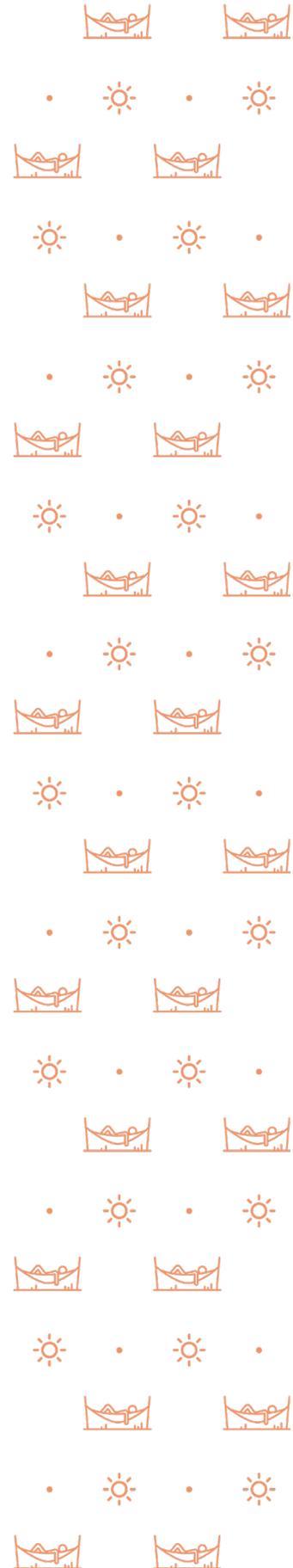
For many of us here in this room, we have experienced weariness due to each one of these circumstances, financial strain, physical strain, relational strain, and sinful behavior. That is why we need to look closely now at these two stories to see how we can get the help we need. Let's dive deeper into our first story. Through the first story regarding the

healing of the paralytic man, we can learn that not only do we need help but in Jesus, we find the help we need through helpful people. Read Mark 2:1-12.

Let's envision ourselves in the place of the paralytic man just for a moment. If we look at this story through his vantage point, there is quite a lot of discomfort going on. First, we've got four friends carrying you all throughout the city, through large crowds, up staircases, and then down through a roof. There are a whole lot of variables that are operating outside of that man's control at that moment. Not only that, but this event requires a whole new level of vulnerability. This man had to essentially put his whole livelihood on display in front of these people for a person who is supposed to offer some rest. These friends took him and essentially his home in order to see if this man named Jesus could heal them. Finally, this man had to depend on his friends and their faith and strength in order to find that relief from the experience he was dealing with. In verse 5, Jesus saw their faith, and healed much more than his physical fatigue, but also his spiritual fatigue as well. But we cannot just trust in other people's faith alone to get us through, no! In this story, we can find that this man had to make a choice. He had to have some sort of faith for himself as well and because of his faith he was able to pick up his mat and run out praising God!

In this next story we find that not only that we need help and that we can find it in helpful people, but also that when we find the help we need, we help others in need as well. Read Mark 2:13.

This story is interesting to me because unlike the story of the paralytic man that spends the majority of its verses describing how this man came to be healed, the story of Matthew begins right away with Matthew receiving the healing he needs. Just in two simple words, Matthew receives the healing he needed by receiving a new occupation and essentially a whole lifestyle. Instead of being ousted by community he was called into one of the greatest ones by being one of Jesus's disciples. His role in society changed from being a taker, to being a servant. Finally, In Jesus, Matthew did not have to find a need any more to look out for his self anymore, he got to daily, live in the overflow of life by walking right next to his Savior.



Our story doesn't end there. Matthew and Jesus don't just abruptly high tale it out of there onto their next adventure. No! What happens? Matthew hosts a dinner and helps others experience the true rest that only Jesus provides. Verse 15. "While Jesus was having dinner at Levi's house, many tax collectors and sinners were eating with him and his disciples, for there were many who followed him." I don't know about you, but that would have been such a fun party to experience! Through this action of Matthew, we can learn a lot. First, we see that the opened door Jesus had was reaffirmed through Matthew, for all those who are weary to come and find rest in Jesus. How often do we find ourselves like the Pharisees the in the next verse questioning who gets to come and eat at our table? How often do we, like Jonah, desire to go to the ends of the earth than see the hurting find healing in Jesus' name. We know that up here church (point to head), but do we live out here, in our heart and in the world. When we find the help we need, we help others in need. Jesus responds to the Pharisees by saying that "It is not the healthy who needs a doctor, but the sick. I have not come to call the righteous, but sinners." In Jesus, We Find the Help We Need. But Jesus does not help those who aren't in need. Just as a doctor doesn't help those who are healthy, Jesus does not help those who think they are self-sufficient or too righteous. Let us check our vitals church, do you truly need Jesus?

In Jesus, we find the Help We Need. In our passage of scripture today, we meet two individuals in a state of weariness that find rest through an encounter with the Lord Jesus. Through the first story, we can find that sometimes we receive the help we need through helpful people. The paralytic man needed to embrace discomfort and trust in others to help him find the healing he needed. As some of you know I just began my last year of seminary school up at Denver Seminary studying to get my Masters in Divinity. As a part of the curriculum for my program, they require you to take a class called "Mentored Formation" in which you are focusing on being transformed in the real world while your mind is being transformed through your studies. Taking this class has brought to me many uncomfortable feelings as I acknowledge and work through with a mentor some hard truths of my functional and practical beliefs. One day, I was down in the dumps and frustrated by myself, and my mentor said something to me that I have

held near to my heart ever since. She said something along the lines of, "Don't worry Abi, I've got faith for you in this journey, you don't have to be strong now, you can lean on my strength to get you through." Let me tell you hearing that got me through. Knowing that I had someone in my courts who was willing to have faith and pray for my strength allowed me to see that for myself. When I reflect on the story of the paralytic man, I think of this story in my own life. I think of these friends who went out of their way and put a lot out on the line, because they wanted to see this man get through this weariness and find the rest he needed. The passage says that when Jesus saw their faith, he healed the paralytic man. Just as we learned in the first story that we can find the help we need through helpful people, my hope and prayer for you this week church, is to find encouragement knowing that you are not alone and that you do not have to do this life alone. There is a God out there, there are people out there, willing to encourage and support you as you find the rest you need for your weary soul.

Through the second story in our passage today, we can learn that when we find the help we need, we can help others in need! Growing up, I heard this great description from the Lead Pastor of mine at the time who described his job as simply a "beggar showing another beggar where there's bread". Matthew certainly did not have it all figured out in the mere hours after being called to follow Jesus. He was a tax collector, that invited other tax collectors to his house to dine with Jesus. In life, we do not have to have everything figured out or all our ducks in a row to help others in need. It can be as simple as setting the table and inviting others to come. What has been holding you back from inviting other in to experience the true rest that Christ offers us?

First Pres, we have a new season ahead of us. Summer is here and while the season offers us a change of pace, there will always be temptations of weariness all around us. Through God's Holy Words to us today and through these beautiful stories of healing, we can find that In Jesus, We Find the Help We Need. The question I will leave us with today is this, "are we willing to accept it?"

