



International Baptist Church of Manila

LIFE OF A JESUS FOLLOWER • SESSION EIGHT: UNBURDENED •
MARK 1:35; LUKE 4:16; 19:10; HEBREWS 10:24-25; ACTS 1:8 • 10/4/2020

MAIN POINT

Investing in the three relationships that matter to Jesus allows us to follow Jesus with an unburdened heart.

INTRODUCTION

As your group time begins, use this section to introduce the topic of discussion.

What is one way the Life of a Jesus Follower study has changed your understanding of life in Christ so far?

What's a relationship in your life you've seen grow as you've intentionally devoted time to that relationship ?

All relationships grow in direct proportion to the amount of time we invest in them. Our relationship with Jesus is no different. Through this study, we've seen that being a Jesus follower is all about relationships. We've taken a deep dive into the three relationships Jesus walked in—His relationship with the Father, His relationships with the disciples, and His relationship with people who didn't know God at all.

As Jesus followers, the desire of our hearts should be to look like Jesus. In this last week of our study, we're going to see how the rhythms of our lives can intentionally mirror the rhythms of Jesus' life. When we give time to ABIDE in Christ personally and daily, CONNECT in large group and small groups, and SHARE locally and globally, the life of Jesus will begin to pour out of us as He begins to live in and through us.

UNDERSTANDING

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

| WATCH THE VIDEO, "SESSION 8: UNBURDENED.

| ASK A VOLUNTEER TO READ MARK 1:35.

There's no substitute for time spent alone with God. If you've developed a regular Bible study habit, share what your time with God looks like. How has it grown your relationship with Jesus?

How does spending regular time alone with God impact our relationships with other people? Give a few examples.

| READ LUKE 4:16 AND HEBREWS 10:24-25.

Why is it essential that we gather together with other believers? What do you gain from this time each week?

What does spending time in a discipleship group like this one give us things we can't get elsewhere?

| READ LUKE 19:10 AND ACTS 1:8.

How do we see the mission of the Father in the life of Jesus?

Where are some key partnerships we can serve with locally? What would it look like for us to serve together as a group? Where might God be leading you to serve globally?

Four ways to invest our time: God Time—time spent daily alone in fellowship with God. Gather Time—time spent weekly gathering in worship with your church. Group Time—time spent consistently in community with a small group from your church. Go Time—time spent annually going on mission with God cross-culturally.

You start investing in the relationships Jesus walked in by embracing the 5 Percent Life: One percent of your day invested in God Time. That means 15 minutes of enjoying fellowship with God through His Word and prayer. One percent of your week invested in Gather Time. That means about an hour and a half spent in worship gathered together with your church. One percent of your month invested in Group Time. That means about seven hours each month spent in community with people you care about and who care about you. That's seven hours of doing life together. Two percent of your year invested in Go Time. That means approximately seven days each year where you intentionally share in God's mission through serving

opportunities, going on trips, and leveraging your jobs, skills, and passions locally and/or globally.

Remember the 5 Percent Life is simply a starting point. It's not the target. The target is to faithfully follow Jesus as defined by the three relationships we've identified with God, one another, and the world.

APPLICATION

Help your group identify how the truths from the Scripture passage apply directly to their lives.

Would you be willing to take the five percent challenge? Who will hold you accountable?

What's your biggest takeaway from our eight sessions together?

How will your life as a Jesus follower be different going forward?

PRAYER

Ask God to take what you've learned in this study and lead you into a deeper relationship with Him. Pray that you would continue to commit your life to the same three relationships Jesus committed His life to. Pray that the world would be changed as Jesus' life and light begins to be lived through you.

COMMENTARY

| MARK 1:35

The word translated "solitary place" is the same that is translated "desert" in 1:3, 4,12,13 and perhaps suggests the same kind of spiritual testing described in the last two. There was no desert near Capernaum, and obviously Jesus wanted to find a secluded place apart from the crowds and even the disciples. The imperfect tense suggests prolonged prayer. In only two other places did Mark indicate that Jesus prayed, in 6:46 after walking on the water and in 14:32-42 in Gethsemane. All three were times of crisis when Jesus was tempted to take an easy way rather than that of suffering and death.

| LUKE 4:16

Sometimes the most difficult audience to address consists of people you know best (and who know you best). Jesus found that to be true when He brought His message to Nazareth—His hometown. Why go to Nazareth at the beginning of His Galilean ministry? It emphasized the critical truth that no one, even those people closest to Jesus, received an exemption from making a decision about Him.

| LUKE 19:9-10

The statement was made to Zacchaeus, but it was directed to the people because of their reaction in Luke 19:7. The salvation brought by God's kingdom was now "realized" by Zacchaeus. "Salvation has come" is not to be interpreted as meaning that the "Savior" had come to Zacchaeus's house but that salvation had occurred. The lost Zacchaeus had been sought (see 19:5) and now saved (see 19:10). The promised salvation had come to Zacchaeus and his family (see Acts 16:31).

"Because this man, too, is a son of Abraham" was not due to his being racially a descendant of Abraham (see 3:8) but to his having brought forth fruit in keeping with repentance (3:8a) and having responded in faith and repentance to Abraham's Seed (Acts 3:25-26; see Gal. 3:16). By this, Zacchaeus bore witness to God's grace by which even a rich man can be saved (see Luke 18:27). For the sense of being Abraham's seed due to physical descent, see 13:16.

| HEBREWS 10:24-25

This exhortation calls us to responsibility to one another. The appeal to consider demands concentrated attention. The goal of this attention was to spur one another on toward love and good deeds. As Christians we have a corporate responsibility. We must help others who stumble and falter. We must concentrate on the needs of others and not on our individual salvation only. To spur other believers forward in the Christian life, followers of Christ must meet together. Some of the readers of Hebrews were neglecting to meet together for worship, and this limited their ability to give and receive encouragement toward good works. Christians who meet together with the aim of promoting godliness and love for one another can be remarkably successful in their ventures.

| ACTS 1:8

Some have suggested that this key verse of our book may contain a threefold table of contents: Jerusalem, Acts 2:42–8:3; Judea and Samaria, Acts 8:4–12:24; ends of the earth, Acts 12:25–

28:31. We cannot know if Luke had that kind of division in mind, but the book unfolds in a fascinating manner somewhat along that pattern. Notice that the call to witness is not limited to any select group of people, since it spreads from the apostles to the 120 believers and on throughout the pages of Acts. Nor can we restrict it only to service in our own churches or to some kind of “professional ministry.” Every believer should be a “world Christian,” able to function for the Savior from the other side of the street to the other side of the world.