



Life@3MPH

Divine Pause
Mark 1:34-39
Life@3MPH – Pt. 1



So Jesus healed many people who were sick with various diseases, and he cast out many demons. But because the demons knew who he was, he did not allow them to speak. ³⁵ Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.

³⁶ Later Simon and the others went out to find him. ³⁷ When they found him, they said, "Everyone is looking for you."

³⁸ But Jesus replied, "We must go on to other towns as well, and I will preach to them, too. That is why I came."

³⁹ So he traveled throughout the region of Galilee, preaching in the synagogues and casting out demons.

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Two Contextual Realities



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Two Contextual Realities

1. Jesus is very busy



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Two Contextual Realities

1. Jesus is very busy
2. His busyness has intent and purpose



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The Major Tension in the Story



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The Major Tension in the Story

Prayer!



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The Power of the Divine Pause



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The Power of the Divine Pause

1. Connection



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The Power of the Divine Pause

1. Connection
2. White Space



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The 5 Thieves that Fuel Overload



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The 5 Thieves that Fuel Overload

1. Drive



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The 5 Thieves that Fuel Overload

1. Drive – What can I let go of?



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The 5 Thieves that Fuel Overload

1. Drive – What can I let go of?
2. Excellence



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The 5 Thieves that Fuel Overload

1. Drive – What can I let go of?
2. Excellence – When is it good enough?



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The 5 Thieves that Fuel Overload

1. Drive – What can I let go of?
2. Excellence – When is it good enough?
3. Information



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The 5 Thieves that Fuel Overload

1. Drive – What can I let go of?
2. Excellence – When is it good enough?
3. Information - Do I really need to know this?



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The 5 Thieves that Fuel Overload

1. Drive – What can I let go of?
2. Excellence – When is it good enough?
3. Information - Do I really need to know this?
4. Activity

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The 5 Thieves that Fuel Overload

1. Drive – What can I let go of?
2. Excellence – When is it good enough?
3. Information - Do I really need to know this?
4. Activity – What deserves my attention?

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The 5 Thieves that Fuel Overload

1. Drive – What can I let go of?
2. Excellence – When is it good enough?
3. Information - Do I really need to know this?
4. Activity – What deserves my attention?
5. Control



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The 5 Thieves that Fuel Overload

1. Drive – What can I let go of?
2. Excellence – When is it good enough?
3. Information - Do I really need to know this?
4. Activity – What deserves my attention?
5. Control – Who's really in charge?