



**Pause for Support (Mark 14:32-42)**  
**By Pastor David Hillis, 02 March 2014**

**Big Idea: When we are part of Christ's body, shouldering all of your own burdens no longer makes any sense. We are better together, both as burden bearers and burden sharers.**

- God asks us to not only support others in difficult times, but be willing to allow others to support us in ours.

**Support comes through:**

**1. A ministry of presence (verse 32).**

- "To care first of all means to be present with each other." Henri Nouwen
- Can you remember times in your own life where someone's presence told you how much a friend, a support, they truly were? They didn't have to say a thing?

**2. Offering practical help (verse 34).**

- Have you had people in your life you have counted on, depended on, for support at times in your life too, and they let you down?
- It is so easy to just decide to not trust or rely on anyone for support. Jesus doesn't do that. He doesn't give up on them.

**3. A commitment to prayer (verse 38).**

- Jesus goes back to his friends and again tells them to watch and pray, even though they have let Him down.
- So often, even in the Church, we underestimate the value, and the power, of prayer, and have the prayer support of others.
- Jesus even tells them to pray so that they won't fall into temptation. In areas where you are regularly tempted to fall into temptation, do you pray about them as much as you are tempted by them? Do you pray for God's strength to help you through the temptation?

**Other Scriptures speak to supporting the Body of Christ:**

- "Be devoted to one another in brotherly love." Romans 12:10
- "But God has put the body together...so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it." 1 Corinthians 12:24b-26
- "Carry each other's burdens, and so fulfill the law of Christ." Galatians 6:2
- "We who are strong ought to bear with the failings of the weak and not to please ourselves." Romans 15:1

**Closing Support questions:**

- 1. How are you at making space in your life to support others? When God puts a need before you, are you likely to take the time to pause and support them?*
- 2. Are there times when God prompts you to help but you are less willing to respond? Why?*
- 3. Do you find the people you know well will share with you when they can use support?*
- 4. Do you have any intentional relationships in the body of Christ (like a small group) you can easily share with the challenges, the fears, the temptations, the needs you face?*
- 5. Divide a paper into 3 columns. Above 1 column write "for me" and the other two "for others" and "for God". Review the past week or month. What have you done for yourself, others, God? What does this inventory reveal about your life?*
- 6. Spend time meditating on the story of the good Samaritan (Luke 10:25-37). Are you in a hurry like the Levite? Would you stop like the Samaritan? Who in your life really receives your care? Family? Anyone else? Is your life too busy or too preoccupied with your own cares to respond to opportunities (or even notice them) when they are before you?*