

Isolated with Prayer | Family Worship Guide

Mark 1:35-39



MAIN IDEA: Jesus knew the importance of prayer, as he walked in obedience along the path that God had set before him. Even in the midst of chaos from the attention of the crowds, he found time alone with God no matter the cost.

PREPARATION:

Spend some time asking each other: How “noisy” was your day? What time of day is the noisiest and what times are the quietest? Think about what it means to spend time alone and away from the noise of other people. Have you ever tried to talk to someone on the phone with a bunch of people around you? How much easier is it to hear someone when you are alone?

EXPLANATION:

Have you ever been in a room full of people trying to talk to someone on the phone? How difficult was it to hear them? I can tell you as someone who is “hard of hearing,” it is very difficult to hear the other person when there is so much noise around me. Oftentimes, I will walk outside or to a quiet place just to be able to hear.

In this passage of Mark 1:35-39, we see the beginning of Jesus’ ministry. He was healing many people of diseases and casting out demons. Just imagine the popularity he was gaining through these signs and works. We see that in verse 28 “at once his fame spread everywhere throughout all the surrounding region of Galilee.” Jesus was famous, and the noise around him started to grow.

In verse 35, we see Jesus isolate himself to a desolate place to pray. Not only did he do this, but he did it “very early in the morning, while it was still dark...”. Jesus knew that the noise of the day was coming from the crowds, so his best and probably only opportunity to isolate and pray was very early in the morning. Jesus put a high priority on praying and spending time alone with God, which means we should as well. It was a critical part of Jesus’ ministry and continuing his ministry. In verse 38, he states that he came out to a desolate place to pray because he was going to preach in the next town. He knew that he needed time spent alone with God, so that he could preach in the next town. We CANNOT walk in obedience on the path that God has set before us without prayer. Not just dinner time “thank you for this food” prayer, but “get alone on your face, isolated from the noise” kind of prayer. There is a difference.

We must recognize the noise and distractions all around us, so that we can isolate from them. The noise will always be there, but so will the opportunity for quiet isolation. The question is, “Are you disciplined enough to find a quiet place like Jesus did?”

CONVERSATION:

- What are some examples of noise in your life?
- What are some ways that you can isolate away from the noise to spend time in prayer with God?
- What is keeping you from isolating to pray?

APPLICATION

- Identify the noise in your life.
- Identify the quiet times and places.
- Identify how you will isolate yourself in a quiet place to pray with God.

SUPPLICATION:

Praise God for the example of Jesus Christ in this passage.

Pray for God to reveal the noises in your life through the Holy Spirit.

Pray for God to ignite a passion and discipline in your life to get away from the noise and spend time in prayer.

EXULTATION:

Lord, I Need You, by Matt Maher, 2013

<https://youtu.be/LuvfMDhTyMA>

Verse 1: Lord I come, I confess
 Bowing here, I find my rest
 Without You, I fall apart
 You're the one that guides my heart

Refrain: Lord, I need You, oh I need You
 Every hour, I need You
 My one defense, my righteousness
 Oh God, how I need You

Verse 2: Where sin runs deep, Your grace is more
 Where grace is found is where You are
 And where You are, Lord I am free
 Holiness is Christ in me

Verse 3: So teach my song to rise to You
 When temptation comes my way
 And when I cannot stand, I'll fall on You
 Jesus, You're my hope and stay