

A Day in Jesus' Life



SABBATH—JULY 6

READ FOR THIS WEEK'S LESSON: Mark 1:16–20; Mark 1:21–28; Mark 1:29–34; Mark 1:35–39; Mark 1:40–45.

MEMORY VERSE: “Jesus said to them, ‘Come, follow me, and I will make you a different kind [type] of fishermen. You will bring in people, not fish.’ ” (Mark 1:17, ERV).

MATTHEW, MARK, LUKE, AND JOHN wrote about Jesus' life. Each writer tells us how Jesus started His work for God. But each writer introduces the story in a different way.

Matthew tells us how Jesus chose His followers and then preached the Sermon on the Mountain.

Luke writes about how Jesus preached His first sermon during the Sabbath in a Jewish church in Nazareth.

John tells how Jesus invited some of His first followers to join Him. Then Jesus went to a wedding.

Mark tells the story about how Jesus invited four men to follow Him. Then Mark tells us about the things Jesus did on the Sabbath in Capernaum and what happened next.

Mark's Sabbath story helps his readers understand Jesus better. In Mark 1, Mark writes about Jesus' work after His baptism. Mark also writes a few words that Jesus says. Jesus invites some men to follow Him. He commands a demon to leave. Jesus talks about His plan to travel. Jesus heals a man with a skin disease and tells him to go show himself to the priest or spiritual leader. As you see, Mark is interested in telling us about what Jesus does, not what He says. So, Mark tells us that Jesus heals many people. Mark also likes to use the words “right away” (Mark 1:12, 18, 20, 28, 30, 31 [WE], 42 [NirV]) to help us understand how fast Jesus worked.



Mark is interested in telling us about what Jesus does, not what He says.

FOLLOW ME (Mark 1:16–20)

Read Mark 1:16–20. Who did Jesus invite to follow Him? How did the men answer Jesus' invitation?

As we saw yesterday, Mark 1 doesn't write much of the words that Jesus says. But Mark 1:17 tells us the words that Jesus says to two fishermen, Simon and Andrew, who are brothers. Later, Jesus will name Simon "Peter." Simon and Andrew stand on the beach next to the Sea of Galilee. The men throw a net into the water to catch fish.

Mark doesn't write about a fishing boat, which may show that Peter and Andrew don't earn much money. In Mark 1:19, 20, James and John are in a boat with their father and some servants. Both the boat and the servants show us that James and John enjoyed more success than Peter and Andrew. But Luke tells us that, yes, Peter does have a boat. Luke also says that James and John were business partners with Peter and Andrew (read Luke 5:1–11). Maybe Mark doesn't talk about a boat because he wants us to see that one set of brothers is rich and one set is poor. But Jesus invites both the poor and the rich to follow Him.

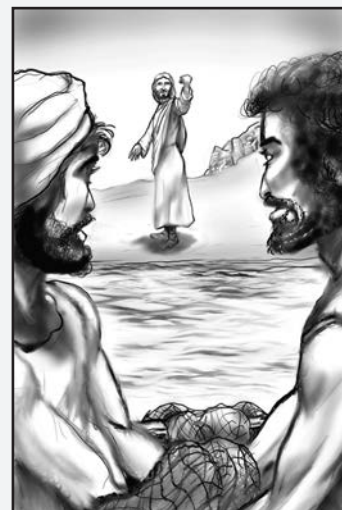
Jesus invites both pairs of the brothers to become His followers. Jesus tells Peter and Andrew that if they join Him, He will teach them to "catch" men, and not fish.

Read the story in Mark 1:16–20. Why do you think Peter, Andrew, James, and John left everything they owned and followed Jesus right away?

John gives us more information about the story (read John 1:29–42). The brothers followed John the Baptist. The men heard John announce that Jesus was " 'the Lamb of God. He takes away [removes] the sins of [from] the world [the people on the earth]!' " (John 1:29, ERV). Later, the brothers spent time with Jesus. What does this information tell us about the brothers? They don't hurry to join Jesus. They carefully think about His invitation first.

So, why doesn't Mark give us more information about the story? Maybe Mark wants to show us that Jesus' invitation is powerful. Jesus invites the brothers to join Him. They say yes, and their lives are changed forever.

What did you give up to follow Jesus? (What does your answer say about you if you can't think of anything?)



Jesus tells Peter and Andrew that if they join Him, He will teach them to "catch" men, and not fish.

A SABBATH EVERYONE WILL REMEMBER (Mark 1:21–28)

Read the story in Mark 1:21–28. What happens in the Jewish church in Capernaum? What Bible truths do we learn from this story?



This false idea about the Savior as a mighty king made Jesus' work hard and put Him in danger.

Most Christians can tell you about an important spiritual experience in their lives. Maybe they will tell you about the time they decided to follow Jesus. Or the day they got baptized. Or they will tell you about a powerful sermon that made them feel that God was very close to their hearts. Many of these experiences are so powerful that we will always remember them. They can change our lives forever.

Maybe that's how the people in Capernaum felt when they went to church and heard Jesus teach. "The people there were amazed at his teaching. He did not teach like [the same as] their teachers of the law. He taught like a person who had authority [skill and might]" (Mark 1:22, ICB). While Jesus taught, a man started to shout. A demon was inside the man. The demon shouted, " 'What do You want of [to do to] us, Jesus of Nazareth? Have [Did] You come to destroy us? I know Who You are. You are the Holy One of [from] God' " (Mark 1:24, NLV). Jesus commands the demon to leave.

Think about the demon's words. What do they tell us?

First, the demon knows who Jesus is. Jesus is "the Holy One of [from] God." We expect holy things in a church, and not things that are evil. This story shows us that the worldwide war between good and evil is real. People in the story may not know who Jesus is. But the demon knows.

Next, think about Jesus' words to the demon. We can understand why Jesus commanded the demon to leave the man. But why did Jesus also tell the demon, " 'Do not talk!' " (Mark 1:25, NLV)? In this verse, Mark introduces us to an important idea: Jesus asks demons and people not to announce who He really is. Bible thinkers name this idea the Savior's Secret.

Why doesn't Jesus want people to tell anyone He is the Savior? Because the Jewish people expected the Savior to come to save them from the Romans, and not from sin. So, this false idea about the Savior made Jesus' work hard and put Him in danger. As we'll see, Jesus can't hide who He really is. The truth about Jesus is the most important part of the Good News. People need to know who Jesus is. They also need to decide what His coming means for them.

JESUS HEALS ON THE SABBATH (Mark 1:29–34)

Read the story in Mark 1:29–34. How did Jesus help Peter’s family? What spiritual lessons can we learn from this story?

After Jesus finishes teaching, He leaves the church. A small group of followers goes with Him. This group included Peter, Andrew, James, and John. Jesus and His followers go to Peter’s house. There, they plan to spend the rest of the Sabbath day enjoying a friendly meal and fellowship.

But Jesus and His followers get some sad news. Peter’s mother-in-law is very sick with a fever. In those days, fevers killed people. If they didn’t get better, they died. Jesus goes to the sick woman’s bed and holds her hand. He lifts her up. Right away, she felt better. She gets up and serves Jesus and His followers. This story is a powerful example of an important Bible rule. Jesus saves and heals us so that we may serve other people!

In the Book of Mark, Jesus often heals with a touch (read Mark 1:41; Mark 5:41). At other times, Jesus heals people without touching them (read Mark 2:1–12; Mark 3:1–6; Mark 5:6–13).

Jesus’ work wasn’t finished. After sunset, many people came to Peter’s house for healing. For sure, they came because they saw or heard about the demon that Jesus threw out earlier at church on the Sabbath. Do you see that Mark doesn’t tell us that people didn’t come to see Jesus at Peter’s house because of the Sabbath? Mark expected his readers to know about the Sabbath already. This information shows us that Mark’s readers were Sabbath keepers.

Mark says that the whole city came to the door of Peter’s house that evening (Mark 1:33). For sure, Jesus must have spent a long time healing all those people.

“Hour after hour, people came and went. No one knew if the Healer would be there tomorrow. Jesus’ visit was the most exciting thing that happened in Capernaum. People praised God for His mercy. Joy filled Jesus’ heart. . . .

“Jesus didn’t stop working until He healed the last person there. When the crowd left, the time was very late. At last, Peter’s house was quiet. The long, exciting day was over. Jesus needed rest. But while the people in the city slept, the Savior went to a quiet place and prayed.”—Ellen G. White, *The Desire of Ages*, page 259, adapted.



Jesus saves and heals us so that we may serve other people!

THE SECRET OF JESUS' SUCCESS (Mark 1:35–39)

Read Mark 1:35–39. What does Mark tell us that Jesus did? What was Jesus' secret that helped Him succeed?

Jesus got up before sunrise and went to a quiet place where He could be alone and pray. Mark 1:35 shows us that praying is the most important action in this verse. Mark tells us that Jesus got up, went out, and left. All these verbs in the Greek show us finished actions. Jesus started doing these things and finished them. But the verb “to pray” in the Greek language is used to talk about something that happens again and again. So, Mark is really saying, ‘Jesus prayed and continued praying. He never stopped praying. He prayed all the time.’ Mark also tells us Jesus went out very early in the morning. Mark wants us to understand that Jesus spent much time alone in prayer.

Jesus is a Man of prayer (read Matthew 14:23; Mark 6:46; and John 17). Prayer is one of the secrets of Jesus' success in His work for God.



Prayer is one of the secrets of Jesus' success in His work for God.

Read Luke 6:12. What does this verse teach us about Jesus' prayer life?

Some Christians pray only in the morning. Other Christians pray only at night. There is nothing wrong with praying at the same time each day. But we must be careful not to let our prayers become empty or the same as a chore we must do again and again. How can we give our prayers energy and new life? We can change the time of day when we pray. Or we can pray longer than usual at our regular prayer time. The most important thing to remember is you don't need to pray the same way or the same time every day. You can change when and how you pray.

Peter and his companions don't go with Jesus to His special place of prayer. Maybe Peter and his friends know the location, because they find Jesus there later. They tell Jesus that everyone is looking for Him. Their words show us what is in their hearts. The miracles that Jesus did the day before were very exciting. So, the followers thought that Jesus should continue healing and teaching the people. But Jesus' answer is surprising. “Jesus said, ‘We must go to the next towns. I must tell the good news to the people there too. That is why I came here’ ” (Mark 1:38, WE).

CAN YOU KEEP A SECRET? (Mark 1:40–45)

Read Mark 1:40–45. What do these verses say about Jesus? How did Jesus show His love for the poor, the needy, and people the Jews thought weren't important?

The man who comes to Jesus has leprosy, or a skin disease. The man, or leper, believes that Jesus can make him clean. Leviticus 13 says lepers were dirty. So, the man must stay far away from people (Leviticus 13:45, 46).

The worst type of leprosy today is known as Hansen's disease. The man may have had Hansen's disease. Ellen G. White tells us the man's disease was very bad: "The disease did awful things to the man's body. His rotting skin was terrible and frightening to look at. When the people saw the leper, they were afraid. They pushed against each other to try to get away from the leper. . . . Jesus put His hand on the leper. Right away, the leper started to change. His skin and nerves healed. His muscles became firm. He could feel things again in his nerves. His hard, rough skin disappeared. His skin had a soft glow, the same as a healthy child."—*The Desire of Ages*, page 263, adapted.

Why did Jesus touch the leper? Mark tells us, "Jesus felt sorry for the man. So he touched him and said, 'I want to heal you. Be healed!'" (Mark 1:41, ICB). The law of Moses says that this type of touch should have made Jesus dirty until evening. Moses said that anyone who touched something dirty must wash to become clean again (compare with Leviticus 13–15). But Mark tells us that Jesus' touch heals the sick man and removes his leprosy. So, Jesus didn't become dirty when He touched the man.

Jesus sends the man to a priest or spiritual leader. Jesus tells the man to give the offerings that Moses commanded in Leviticus 14. Again and again, Mark will show that Jesus supports Moses' teachings (Mark 7:10; Mark 10:3, 4; Mark 12:26, 29–31). Compare Jesus and His support for the law with the actions of the Jewish leaders. In Mark 7, 10, and 12, the leaders break Moses' law. The disagreement over the law between Jesus and the Jewish leaders explains why Jesus commanded the leper, in Mark 1:44, not to tell anyone that Jesus healed him. Jesus knows that the priests are angry with Him. So, they may lie and say that the leper is not really healed. But the leper doesn't obey Jesus. The leper tells everyone that Jesus healed him. Soon, Jesus can no longer enter the towns to do God's work anymore.



The disagreement over the law between Jesus and the Jewish leaders explains why Jesus commanded the leper, in Mark 1:44, not to tell anyone that Jesus healed him.

ADDITIONAL THOUGHT: Read Ellen G. White, “At Capernaum” and “Thou Canst Make Me Clean,” pages 252–266, in *The Desire of Ages*.

What picture of Jesus does Mark 1 show us? We see that Jesus has the power to invite men to follow Him. They accept the invitation. Jesus is holy. He is not evil as are the angels who serve Satan. A worldwide war is happening between good and evil. Jesus has more power than the demons. Jesus feels pity for sick people. Jesus helps them. He touches them when no one else will touch them.

“Jesus taught in the Jewish church. Jesus talked about the kingdom He came to start. Jesus said His job was to make prisoners of Satan become free again. Just then a cry of fear stopped Jesus in the middle of His sermon. A madman rushed from the crowd to Jesus. The man shouted, ‘What do You want of [from] us, Jesus of Nazareth? Have [did] You come to destroy us? I know Who You are. You are the Holy One of [sent from] God’ (Mark 1:24, NLV).

“The people in the church became confused and afraid. They stopped paying attention to Jesus and His sermon. Satan didn’t want people to listen to Jesus. So, Satan led this madman to the church to cause trouble. But . . . ‘Jesus spoke sharp [strong] words to the demon and said, “Do not talk! Come out of the man!” The demon threw the man down and gave a loud cry. Then he came out of him’ (Mark 1:25, 26, NLV). . . . Jesus won the fight against Satan in the desert. Now He stood face-to-face with His enemy again. The demon used all his power to keep the madman under his control. If the demon lost control of the man, Jesus won. . . . But the Savior spoke with strength and might. He made the man free from the demon’s control.”—Ellen G. White, *The Desire of Ages*, pages 255, 256, adapted.

Mark also shows us that Jesus was very busy. He moved from place to place. He met many people. How did Jesus get so much work done? How did He stay so calm? For sure, His daily experience of prayer was the secret of His success.



“Jesus said His job was to make prisoners of Satan become free again.”

DISCUSSION QUESTIONS:

- ① Why is prayer so important in the Christian life?
- ② Who are the “lepers” in modern times? In Jesus’ day, lepers had terrible skin diseases. People avoided them. How can your church use the Good News to “touch” the hearts and lives of these modern lepers?

PART 2: CONFUSED WITCH DOCTOR

Father rested for several days at the house of his daughter, Divya, in Nepal. Father was tired from his two jobs. He worked as a builder and a witch doctor.

Father watched with interest when the Seventh-day Adventist pastor of Divya's church came to visit and brought several church members with him. Father listened as they sang songs about his daughter's new God, Jesus.

Then the pastor opened a Bible and read Jesus' invitation: " 'Come to me, all you who are tired and are carrying heavy loads. I will give you rest' " (Matthew 11:28, NIV). Next, the pastor read Jesus' words in John 3:16: " 'Yes, God loved the world [everyone on the earth] so much that he gave his only Son, so that everyone who believes in him would not be lost but have eternal [everlasting] life' " (ERV).

The verses touched Father's heart. Father never heard of a God who gave His only Son to save people. Father now understood that we don't need to kill animals and offer them to God to get His blessings. God sent His Son as the offering for our sin.

After the pastor left, Father asked Divya for a Bible. Father wanted to read the two verses for himself. But when he looked in the Bible, he couldn't find them. Divya also couldn't find them. So, she called the pastor. The pastor told them where to find the verses in the Bible. Father was so happy. He started to read the Bible daily. On Sabbath, Father went to church with Divya and his wife. God healed his wife after Divya prayed. At first, Father didn't understand anything at church or in the Bible. But he took the Bible when he left Mother with Divya and went home to his own town a short time later.

At home, Father continued his work as a witch doctor and builder during the day. At night, he read the Bible. As the months passed, he no longer wanted to pray to spirits. Father decided to stop working as a witch doctor. He told the townspeople, "My life is different. I don't want to be a witch doctor anymore."

The townspeople were angry when they learned that Father became a Christian. The townspeople accused Father of not being loyal to the spirits of his dead family members, who had been witch doctors. Father didn't care that the townspeople were mad at him. He was sure that he found the one and only God.

Today, Father and Mother are members of the Seventh-day Adventist Church where they serve the Lord. Father's name is Krishna Lama. He is 66 years old and is a church leader.

Krishna says, "I used to think that my home was where the spirits of my dead family members lived. But now I believe that the church is my home. With Jesus, my future is the same as a bright light."

INSIDE
Story

by ANDREW MCCHESENEY



The townspeople were angry when they learned that Father became a Christian.

