



Series: The Gospel of Mark
Message: "Doing Out of Your Being"
Mark 1:21-39
Pastor Larry Murrell
Sunday, September 18, 2011

"If people skimp on their inner work, their outer work will suffer as well"
Parker Palmer

Desert =
"Uninhabited" place; place of *solitude*; a place out of the way to *avoid crisis*"

Jesus' Desert Rhythm...

1:9 - Desert (Be)
1:21 - City (Do)
1:35 - Desert (Be)
1:40 - City (Do)

Is Your *Doing Out of Balance With Your Being*?

1. You avoid *silence*
2. You skip or skim on your *Sabbath*
3. You *hurry* a lot
4. You position yourself so that others will *think well of you*
5. You say "*yes*" when you would rather say "*no*"
6. You are resentful and tired because you regularly try to *do it all*
7. You rarely *taste your food* as a gift from God
8. You have little mindfulness of *delighting in Christ's love* throughout the day
9. You are often unaware that your body is *full of tension*
10. You have little or no awareness that you are having an *overreaction*