

Mark 6:45-54 – Are you Weary or Worried?

Brothers and sisters in Jesus Christ: Two of the biggest trials we face in North America today is being **exhausted from overwork** and **worrying about everything** – the future, sickness, death, terrorism, retirement...and the list goes on. And there is no real help for these problems on the horizon for the world. Drugs and therapy do not fix these problems. They only mask them.

Does God address this matter for his adopted children? You can be sure about it. You will hear about this today.

Our headings are:

The Weary

The Worried

The Wonderful

Goals are: **That you will be assured that the Lord knows the weariness 疲劳 and worries of your life and that if you look to him you will be able to face these hardships so they don't overwhelm you.**

The Weary

46 And when He had sent them away, He **departed to the mountain to pray**.⁴⁷ Now when evening came, the **boat was in the middle of the sea**; and **He was alone** on the land.

1. As was his custom, Jesus went to a quiet place to pray in the quiet of the day.

He was already tired and he had other things to do, but the people came to listen, and he taught all day. So he was extra-tired. And yet he saw the need to pray. Like all men, women, boys and girls, Jesus needed to pray. **His flesh was weak human flesh.**

So **Jesus sent his disciples across the Galilean Sea on an errand while he prayed.**

2. By late evening, the disciples were in the “middle of the sea” which meant they were about 6 km from the shore.

48 Then He saw them **straining 使劲 at rowing 划船**, for the wind was against them. Now about the **fourth watch of the night** He came to them, walking on the sea, and would have passed them by.

3. Life quickly became hard for the disciples.

The winds were against them, furiously 疯狂 rushing down the mountains and whipping up a storm. This is a well-known weather phenomenon 现象.

The night was against them, as it would have been difficult to see. This was between 3-6AM, the 4th watch. To make matters worse, this is the most difficult time to stay awake.

Their bodies were against them as they had been at this all night...They were very tired. And they were tired before as they were with Jesus when he preached all day and fed the 12,000 people. And they were tired before that after returning from their missionary journey! When it rains is pours!

4. When they were at their wits 智慧 end with their troubles and tiredness, Jesus appeared to them, walking on water.

5. But why did Jesus look like he was going to pass them by?

Jesus did this in order to **make his children call to him**...for this is the duty of man – to call on God.

Through prayer God is respected and man is rewarded.

6. But why did Jesus permit the storm to harass 骚扰 his people all night...why didn't he stop it?

All things are done, first and foremost, for God's glory. While God loves man dearly, **man's good**

is secondary. God's glory is ultimate. By rescuing 营救 the disciples from their troubles, God caused them to give more glory to him.

7. Lessons:

a. When you face your trial or when you are exhausted from all the work you have to do, do you feel like no one cares? God is aware. God cares. Your husband or children may not care about your sickness or tiredness but God does. You never live alone and you never die alone. This is true for the church as well. God is always near his children and he is always aware of their troubles.

b. Do you love to pray? The Lord delights to hear the prayers of his saints. He is the source of your strength. Prayer was how Jesus got his strength! So what do you need to do the hard work God has called you to do? Do you need a better job? Pray. Do you need a spouse? Pray. Do you need to be equipped to serve in the leadership of the church? Pray. Are you facing sickness? Pray! Are you struggling in school? Pray. Are you having troubles raising children? Pray. (And of course, try not to overwork!)

c. Don't complain when things aren't going well. God has his purposes for everything. You might not like his purposes but that is because of your sin of arrogance, purporting 本意 to know what is best!

The Worried

49 And when they saw Him walking on the sea, **they supposed it was a ghost,** and **cried out;** 50 for they all saw Him and **were troubled**....

1. The disciples in the boat, in the storm, in the night, with their tired bodies and mind, saw someone walking on the water and thought it was a ghost – an evil spirit.

The strong winds, the dark night, and their tired bodies were not the only thing against them; **their minds were against them** as they became “distressed” 苦恼 at rowing.

Their trials had exposed the weakness of their faith. They were not standing strong under trial. They actually thought Jesus was an evil spirit - a “ghost,” from which we get the word “phantom 幻影.” Men have always been afraid of phantoms.

They did not think that it would be Jesus walking on water. They had seen Jesus cast out demons from the man in Gadara, healed the sick and raised the dead, but their trials clouded their minds – they forgot his work.

2. And as is always the case, when there is a lack of faith, fear and worry replace it.

So the disciples became worried and fearful in their souls.

“Trouble” is a mild word. It is better translated “terrified.” For they thought it was an evil spirit.

3. Worry and fear cause them to scream out – a loud cry deep from the throat.

4. Lessons:

a. Grown men don't usually scream like little girls unless they are afraid. If you find yourself afraid, it **means faith is lacking.** You think you should control the future, but you can't, so you become overwhelmed, and so you fear.

b. When faith is lacking you need to go back to and read and believe God's Words. To get regular dishes of God's Word you have to read it daily and come to the worship services on Sunday.

c. Physical exhaustion, can take away focus from the Word of God. So guard yourself against overworking so you can focus on the preaching and teaching of God's Word. Young people: Don't ignore family worship and personal devotions in order to do school assignments...or even to work.

The Wonderful

50...But immediately **He talked with them** and said to them, "Be of **good cheer!** It is I; **do not be afraid.**"

1. Jesus did not delay giving comfort to his disciples.

The **real need of the disciples** was immediate, and the true helper was ever-present. The help matched the need!

2. What was it that comforted the disciples?

a. **It was Jesus' person. He said: "It is I."** When we say: "It is I," it is mostly to distinguish our voice. When Jesus says: "It is I," it is a comfort to the weary and worried heart. The weary and worried heart knows what Jesus is able to do. These were the same words that Jesus used to comfort the Israelites enslaved in Egypt.

Exodus 3:13 Then Moses said to God, "Indeed, when I come to the children of Israel and say to them, 'The God of your fathers has sent me to you,' and they say to me, 'What is His name?' what shall I say to them?" 14 And God said to Moses, "**I AM WHO I AM.**" And He said, "Thus you shall say to the children of Israel, 'I AM has sent me to you.'"

It is also the Voice of my Beloved, Jesus, as taught by Solomon!

Songs of Solomon 2:8 THE SHULAMITE **The voice of my beloved!** Behold, he comes Leaping upon the mountains, Skipping upon the hills.

b. **It was Jesus' kinds words...Be of good cheer...don't be afraid.** And Christ's sheep know his voice...and follow him

John 10:3-4"To him the doorkeeper opens, and the sheep hear his voice; and **he calls his own sheep by name and leads them out.** "And when he brings out his own sheep, he goes before them; and the sheep follow him, **for they know his voice.**

The sheep trust the Shepherd...for his words speak comfort to them. Consider also the words of God through Isaiah.

Isaiah 43:1-2- But now, thus says the LORD, who created you, O Jacob, And He who formed you, O Israel: "**Fear not, for I have redeemed you; I have called you by your name; You are Mine. When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you.** When you walk through the fire, you shall not be burned, Nor shall the flame scorch^{烧焦} you.

51 Then He **went up into the boat to them, and the wind ceased.** And they were **greatly amazed** in themselves **beyond measure, and marveled.**

3. Jesus then came into the boat and the winds became calm and the sea became still.

Christ glorious power was revealed in his care for his tired people. But notice that **the words of comfort came before the miracle.** He was really calling on his children to exercise their faith, to wholly trust him.

What is missing in this story? In Matthew's account Peter asked the Lord to walk on water as proof that he was who he was. **Peter, who taught Mark, was probably not fond of telling that account to his student.**

4. Jesus disciples were then amazed beyond measure and continued to marvel.

Why were they so shocked? Unbelief! **They had not fully understood the power and love of God for his children.** What a good lesson this must have been for the disciples later when they went around the world to preach the Gospel and when they faced many dangers! **They had to remember that the Lord is great and good.**

52 For they **had not understood about the loaves,** because their heart was hardened.

5. If the disciples had learned from the miracle the previous day when Jesus fed 12,000 (5000 men plus women and children), they would not have been stunned by his greatness to be able to walk on water and his goodness to comfort them when they were afraid. Instead, their minds

were cloudy and dull.

53 When they had crossed over, they came to the land of Gennesaret and anchored there.

6. Then the Lord took them to the end of their journey; they were not left half way.

This surely reminds us that God never leaves his children half-way but will carry us to heaven on the last day.

7. Lessons:

a. Dull minds make you think you are alone and that you have to fight alone.

Alert minds recognize the comforts of the presence and person of Christ. He is always near to help.

b. So read, reflect on, and rely on the Word of God to remove your fears.

Be aware of God's greatness and goodness. Search out the comforts of God's Words. Get a book of comforts so you can quickly find the right words for each situation.

c. God always matches help to the need of his people. When you are hungry he doesn't give you a hug.

d. Don't panic, pray when things seem hopeless, when you are exhausted, when frustration hits you.

Conclusion

Maybe you think that life hopeless. Maybe you feel like you can't win your friends and family to Christ. You can't overcome certain sins you have been struggling with. You wonder if you will ever be successful in life. Maybe you are tired of raising children. Maybe you are frustrated with your spouse. BTW, you don't have to be old to become tired in body and tired in mind. Or maybe worries and uncertainties overwhelm you. Maybe you are just afraid of what the future holds. You may have thought the only way is out...out of that job, out of that family, out of that church, or out of this world.

Brothers and sisters in Jesus Christ:

1. I am here to tell you that that is not the right way. Recognize the **power and person of Jesus again.** Know that **he is able again and willing again** to **give you the strength you need to live your life for his glory.** - in the midst of what may look like a hopeless situation.

2. How do I know this? The Bible! You need to recognize the voice – the words - of Jesus...Go back to the Bible. Listen to his loving voice as you read his Words...and hear his comforting words...

3. Then call on him for help – even as Peter did when he was sinking. Say even a few words. A short prayer is long enough, when it comes from the heart. And the Lord will hear...and help. And with Christ back in the vessel, you can smile at the storm.

4. And then wait as results will come at God's time.

Finally, if you are not a Christian, I can't give you any words of comfort. When Jesus says: "It is I," you must ***be afraid***, for there is danger ahead. Your life will be futile无用. Everything you work for will come to nothing. You will paddle桨all night in your boat, but there will be no help unless you see Jesus who is passing by and you call him or help. He is passing by today.