

Bible Break on Thursdays with Sejana of [SejanaShines.com](https://sejanashines.com)
Mark 3

Find me **every Thursday right on YouTube “Bible Break on Thursdays with Sejana” for a new upload and new opportunity to grow deeper with our Bible!** Sejana offers 3 points to consider from that week’s chapter of Mark. She invites all to respond with observations, pushback, and questions in the comments- let’s talk! Let’s grow together in our understanding and application of God’s Word in our everyday life, in community, online!

Just starting?

- Find Set-up and Mark 1-2 videos and downloads here:
<https://sejanashines.com/category/bible-break-on-thursdays/>

MARK Chapter 3

- **Do good, even when others are looking.**

Mark 3:1-6 NIV

Another time Jesus went into the synagogue, and a man with a shriveled hand was there.² Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. ³ Jesus said to the man with the shriveled hand, “Stand up in front of everyone.”

⁴ Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent.

⁵ He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored.⁶ Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

Once again Jesus is confronting the Pharisees and religious leaders' priorities. Which one is better, he asks? They refuse to respond. They only watch, waiting to catch Jesus in an act of healing on the wrong day, completely ignoring the man with the withered hand before him. Jesus could have easily told this man to come back the next day and he would heal him to uphold the ‘do no work’ mandates which the leaders wanted to maintain regarding the Sabbath- but Jesus didn’t. Or Jesus could have whispered to the man to ‘meet him out back’ and heal him in private, but instead Jesus invited the man to stand before them so that everyone could see what was happening. Jesus was intentionally making a point for all to consider as he questioned the audience. Jesus was asking, which is more important? The people/person

before you who is in need or upholding these laws? No one said a word. No one spoke up. Angry about the people’s hard heart towards this man and towards the needs of others above upholding the law, Jesus (defiantly) healed the man before them all.

An example from my past that still haunts me today in which I didn’t speak up, much like the crowd and the Pharisees when Jesus asked them which was better? Back then, I upheld the unspoken rule was to not speak up when bullying is occurring because at least it’s not you.

Have you been frustrated with the lack of compassion towards others shown by the leaders around you? This may be the same feeling experienced by Jesus back then. Imagine you were in the crowd, watching what was taking place. What might Jesus be wanting you to learn from this experience? Tell me about it.

- **Empower others around you.**

Mark 3:13-15 NIV

Jesus went up on a mountainside and called to him those he wanted, and they came to him. ¹⁴ He appointed twelve^[a] that they might be with him and that he might send them out to preach ¹⁵ and to have authority to drive out demons.

Jesus’ way involved empowering others to “go and be with him” and to work in various roles for others. Jesus shared his leadership. Jesus did not keep his power and his authority for himself. He had bigger purposes in mind (you’ll soon discover) and that meant that more needed to be involved. Even before these leaders even knew or understood everything that was going on and who exactly Jesus was, Jesus identified 12 individuals early and ordained them to follow Jesus and work with him/for him right away.

I have noticed a family member whose been in a tough place for several years say about his situation that he was so grateful that this company “took a chance on him to give him a job.” While I understand the importance of being grateful, I noticed his words highlighted to me a belief that he had nothing to offer this new company. I reminded my family member that they had a lot of skills and a variety of experiences. He was focused on his lengthy break in service and lack of years of recent work experience. While that is true, it is also true that even stay at home moms, for example, who also have a long break in paid work experience (or perhaps no paid work experience) does not mean that they have nothing to offer a company. Your work history may look different than others and feel unappreciated but you have indeed gained experience taking care of yourself and others this far and for this long. Maybe we can look beyond that. Jesus did not check out their resumes and do thorough background checks. He knew that as these 12 spent time with him, Jesus would grow them, if they were open to it.

Thinking about the different leadership roles you have been in, even now, roles both with and without a title- how did you use your power and influence? Did you grow and empower new leaders around you? As a leader, how are you keeping with Jesus? (Vs 14)

- **What are you doing?**

Mark 3:31-35 (NIV)

Then Jesus' mother and brothers arrived. Standing outside, they sent someone in to call him. ³² A crowd was sitting around him, and they told him, "Your mother and brothers are outside looking for you."

³³ "Who are my mother and my brothers?" he asked.

³⁴ Then he looked at those seated in a circle around him and said, "Here are my mother and my brothers! ³⁵ Whoever does God's will is my brother and sister and mother."

Jesus' mother and brothers were coming to get him from the crowds, what are you doing? They didn't understand. Even in verse 20-21, his friends tried to get him as well, thinking he was out of his mind, but they also did not fully understand who Jesus was and what he was there to do. This truth was still unfolding before them. Verse 20-21 says, ***"And the multitude cometh together again, so that they could not so much as eat bread. And when his friends heard of it, they went out to lay hold on him; for they said, He is beside himself."***

The church I grew in the faith with and even my mentor of 11 years did not understand the direction I was going in the faith. They warned me against going against what they believed was the will of God- which was that women were not allowed to go beyond the roles given to them (in my faith denomination). But I was headed in that direction. They warned me strongly and tried to divert me and it worked for a while. What are you doing? Maybe even for you, when you are studying hard to understand your subject area(s) and studying for that exam to improve your future and others don't understand why you are not hanging out with them they ask, "what are you doing?"

Have you had these experiences? How might God be calling you away from your family and friends who don't understand this work that you are doing now? How might God be inviting you to embrace those who are supportive of you (vs 34), in this season?

Spiritual Practice to try this week

Spiritual practice of **noticing**.

Take some time to notice the environment and all that is around you. For me, I spend a few minutes recording video of the park I am in, appreciating the birds, the tall trees, the ground and the breeze. I notice these things and this life all around me and thank God for all of it. What about in your context? What can you notice and appreciate?

Prayer & Notes

Did you listen to my prayer for you and for us on YouTube? I shared a short prayer for us thanking God for our time together today. Thank you for being here. Let me know how else I can be praying for you as well.

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If you found these videos and downloadable helpful for you, please let me know and pass it along to others who might benefit! I plan to record the next video on the road, God willing. Stay tuned!

Thank you,
-Sejana