

## **Spiritual Rhythms in Mark's Gospel**

Ben Deaver at Tallgrass at The Well

Mark 14:36, 15:37

**So what?** Our culture despises the idea of submission but that's where we experience freedom to love.

**Feel what?** Feel the freedom to love that comes with submission.

**Now what?** Yield to the Father's careful hand.

The Way of Jesus - Spiritual Rhythms in Mark's Gospel

### **SPIRITUAL RHYTHMS**

- Prayer & Solitude
- Fasting
- Scripture
- Sharing Good News
- Serving

- Worship

Feel like you didn't get to take the step you wanted with this spiritual practices?! Don't move past those good intentions without taking that step. Now's a great time to begin, or establish a baseline, or stretch yourself even further. Lent starts this Wednesday.

## **LENT**

### **INTRODUCTION/PROBLEM**

This morning we're wrapping up this series with the Spiritual Rhythm of wait for it... I want you to see what the first thing that comes to mind is when I say, "SUBMISSION."

I bet most of you either thought of a UFC submission move or the teaching from Ephesians 5 that wives are to submit to their husbands. Right?

We'll come back to wives submit to your husbands. Please don't tune me out right now. I think we will find that the Scriptures

teach something beautiful about submission...and it may not be what you think or have been taught.

## **OUR CULTURE & SUBMISSION**

- . Submit to the government
- . Submit to the medical community
- . Submit to church leadership
- . **Hebrews 13:17** Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you.
- . The Roys Report - [julieroys.com/investigations](http://julieroys.com/investigations)
  - Ravi Zacharias
  - Mark Driscoll
  - John MacArthur
  - Bethlehem Baptist Church
  - And so on and so forth
- . King David's life

**Richard Foster, *Celebration of Discipline* (1978), p. 110**

"Of all the Spiritual Disciplines none has been more abused than the Discipline of submission. Somehow the human species has an extraordinary knack for taking the best teaching and turning it to the worst ends. Nothing can put people into bondage like religion, and nothing in religion has done more to manipulate and destroy people than a deficient teaching on submission. Therefore, we must work our way through this Discipline with great care and discernment in order to ensure that we are the minister of life, not death."

**JESUS SUBMITTED HIMSELF TO THE FATHER**

**Submission from Security**

**Mark 1:9-11**

**9** At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. **10** Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. **11** And a voice came from heaven:

"You are my Son, whom I love; with you I am well pleased." **12** At once the Spirit sent him out into the wilderness...

- And Jesus went into the wilderness to live the life of submission.
- Submission came from security in the relationship
  - Submission requires trust

## **Submission comes with Sacrifice**

### **Mark 14:35-36**

**35** Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. **36** "*Abba, Father,*" he said, "everything is possible for you. Take this cup from me... Yet not what I will, but what you will."

- Jesus' sweat was like drops of blood... An angel from heaven appeared to strengthen Him... Luke says.
- Chiropractor experience just before they crack your neck.
- Submission is yielding to the will of another.

- Biblical submission is always freely given, never taken.
  - Biblical submission is never at odds with the way of Christ.
  - Biblical submission never puts you in a place of meaningless suffering.
- **Hebrews 12:2b 2b** For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

**Let's pray.**

**Mark 15:33-34, 37**

<sup>33</sup>At noon, darkness came over the whole land until three in the afternoon <sup>34</sup>And at three in the afternoon Jesus cried out in a loud voice "*Eloi Eloi lema sabachthani?*" (which means "My God, my God, why have you forsaken me?").

<sup>37</sup>With a loud cry Jesus breathed his last. (Matthew 27:50 and John 19:30 ...gave/yielded up his spirit.)

- **1 John 3:16** This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.

- Think about Jesus' amazing freedom to love you because of His practice of submission.
  - He has trained His whole life in the way of submissive love and is proficient at loving you through whatever and no matter what. He's already laid down His life for YOU!
  - Now think about the amazing freedom we would have to love if we can follow the way of Jesus in submission.
- **Mark 8:34** Then he called the crowd to him along with his disciples and said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me."
- You have to have a self first to deny yourself in the way Jesus calls you to.
  - You have to love your self first to be able to love your neighbor as you love yourself.

## **This is the way!**

- . This is the way of the cross towards experiencing joy and love!

## **Now let's have some real talk on submission.**

- . Back to that passage on wives submitting to husbands.

### **Ephesians 5:21-25**

<sup>21</sup> Submit to one another out of reverence for Christ. <sup>22</sup> Wives, submit yourselves to your own husbands as you do to the Lord. <sup>23</sup> For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. <sup>24</sup> Now as the church submits to Christ, so also wives should submit to their husbands in everything. <sup>25</sup> Husbands, love your wives, just as Christ loved the church and gave himself up for her...

- . The whole context is "Submit to one another out of reverence for Christ."
- . However, most Bible translations do a paragraph break with a different header between verse 21 and verse 22.
  - *See ESV and CSB examples.*



- However, the most recent New International Version groups verse 21 and 22 together. Great! Let's go with that.
  - *See NIV example.*
- That verb "submit" is not present in verse 22 or the second half of verse 24.
- Paul is giving great freedom of choice to wives here. They would not have even had the option to choose to submit or not in their culture. Paul certainly does not instruct husbands to tell their wives to submit.
- Household codes do not occur in the Old Testament or Jewish writings until Judaism engaged the Greek worldview.

### **Josephus, *Against Apion***

"It (laws about marriage) commands us also, when we marry, not to have regard to a portion; nor to take a woman by violence; nor to persuade her deceitfully and knavishly: but to demand her in marriage of him who hath power to dispose of her, and is fit to give her away by the nearness of his

kindred. For, says the scripture, *\*A woman is inferior to her husband in all things.* Let her therefore be obedient to him."

\*This text is no where in our present copies of the Old Testament.

### **Aristotle, *Politics*, Book 1, XII**

"Of household management... A husband and father, we saw, rules over wife and children, both free, but the rule differs, the rule over his children being a royal, over his wife a constitutional rule. For although there may be exceptions to the order of nature, the male is by nature fitter for command than the female, just as the elder and full-grown is superior to the younger and more immature."

### **Ben Witherington III, *The Paul Quest* (1998), p. 191**

"Even if beginning in verse 22 Paul is taking over a traditional household code, the connecting of verse 22 to 21 means that whatever *submit* means in the relationship of all Christians to each other, including males to females ('submit to one another'),

is also what it means for a Christian wife in relationship to her husband."

"Put another way, the submission of wives to husbands is simply a particular example of how all Christians should submit to one another out of respect. When the text goes on to say, 'Husbands, love your wives...' and then describes Christ's self-sacrificial act, even submitting to death, as the model of this love, we see that the husband also is submitting to the wife... Thus in fact verse 22-33 serve as one large explication of how husband and wife submit to each other and serve each other."

- Mutual submission is the upside down way of the household of God
- Submission is the Way of Jesus, the Way of the cross. This is the Way!

## **VISION CASTING**

The purpose of Tallgrass at The Well is to create community together by inviting everyone into the Way of Jesus.

**Richard Foster, *Celebration of Discipline*,  
p. 117**

"The call for Christians to live the cross-life is rooted in the cross-life of Jesus himself. The Discipline of submission has been terribly misconstrued and abused from failure to see this wider context. Submission is an ethical theme that runs the gamut of the New Testament. It is a posture obligatory upon *all* Christians: men as well as women, fathers as well as children, masters as well as slaves. We are commanded to live a life of submission because Jesus lived a life of submission, not because we are in a particular place or station in life. Self-denial is a posture fitting for all those who follow the crucified Lord. Everywhere in the *Hausetafel* (house-table, a table of rules for the Christian household) the one and only compelling reason for submission is the example of Jesus."

**Free Marriage Counseling  
1 Corinthians 7:4-5**

<sup>4</sup>The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife.

<sup>5</sup>Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

- Mutual submission in the bedroom, the place of greatest intimacy.
- This is intensely radical teaching and definitely empowering to women.
- In Greco-Roman culture men held all the power and here husbands are being told that they don't have the power over their own bodies, their wife does. But again, notice, there is complete freedom of choice given to each person to choose to yield to the other. This is in no way giving any sort of encouragement to push yourself upon your spouse sexually.

**Richard Foster, *Celebration of Discipline*,  
p. 117-118**

"This singular rationale for submission is staggering when we compare it to other first-century writings. In them there was a constant appeal to submission because that was the way the gods had created things; it was one's station in life. Not a single New Testament writer appeals to submission on that basis. The teaching is revolutionary. They completely ignored all the contemporary customs of superordinate and subordinate and called everyone to 'count others better than yourselves' (Phil. 2:3)."

**Philippians 2:3-11**

<sup>3</sup>Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup>not looking to your own interests but each of you to the interests of the others.

<sup>5</sup>In your relationships with one another, have the same mindset as Christ Jesus:

<sup>6</sup>Who, being in very nature God, did not consider equality with God something to be used to his own advantage;

<sup>7</sup>rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

<sup>8</sup>And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

<sup>9</sup>Therefore God exalted him to the highest place and gave him the name that is above every name,

<sup>10</sup>that at the name of Jesus every knee should bow,

in heaven and on earth and under the earth,

<sup>11</sup>and every tongue acknowledge that Jesus Christ is Lord,

to the glory of God the Father.

## **APPLICATION**

## Apprenticeship to Jesus:

- . Be with Jesus - Relax
- . Be like Jesus
- . Do what Jesus does

## **1.Submit to the Father, the Son, and the Holy Spirit**

- . The ground is level at the foot of the cross.
- . Romans 2:4 Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance?

## **Mark 15:38-44**

**38** The curtain of the temple was torn in two from top to bottom. <sup>39</sup>And when the centurion, who stood there in front of Jesus, saw how he died, he said, "Surely this man was the Son of God!" <sup>40</sup>Some women were watching from a distance. Among them were Mary Magdalene, Mary the mother of James the younger and of Joseph, and



Salome. <sup>41</sup>In Galilee these women had followed him and cared for his needs. Many other women who had come up with him to Jerusalem were also there. **42** It was Preparation Day (that is, the day before the Sabbath). So as evening approached, **43** Joseph of Arimathea, a prominent member of the Council, who was himself waiting for the kingdom of God, went boldly to Pilate and asked for Jesus' body.

## **New Wine**

In the crushing

In the pressing

You are making new wine

In the soil

I now surrender

You are breaking new ground

So I yield to You into Your careful hand.

When I trust You I don't need to understand.

## **2.Submit to One Another**

- What's this look like in community?

- In our families. Clearing out the dishwasher when asked even though it's disruptive to the movie you're watching.
- In our gatherings. Serving on a team so others can participate and be present.
- On our leadership teams. Lots of discussion. Lots of deferring. Lots of lifting one another up.
- **Romans 12:10b ESV** Outdo one another in showing honor.
  - Portlandia scene where they are deferring to one another at the intersection. "No, you go!"
- One of the toughest places to submit to one another is in receiving love.
- I can think of lots of times where me living in submission is receiving the help others are offering me.
  - I've been in a very discouraged place the last two months. Several have been loving me well by offering support and direction.
  - I got a text from a friend on Friday morning that said, "Your morning

encouragement. Get your 'butt' in the gym. You're welcome." Me submitting to my friend was showing up at the gym per his encouragement.

- I've been encouraged to submit to a process of counseling to help me move through this place of discouragement. Submission is for me to yield to that process even though it feels scary and painful in the moment.

## **CONCLUSION - Invite the band up.**

"Yet not what I will, but what you will."

## **Next Step: This week's practice - Submission**

- Beginning: Practice submission in small ways
  - Allow someone else to choose where to eat for lunch.
  - Be inconvenienced by someone's request for help.

- Baseline: Ask the Father how you need to yield to Him during Lent (starts March 2nd)
  - Worship Night may be a great place to ask the Father about this.
- Stretch: Cultivate a lifestyle of sacrificial submission.
  - Incorporating all the spiritual rhythms into a normative life of yielding to others.

## **INSPIRATION**

## **PRAYER**

## **INVITATION**

# **Chopping Block:**

- Chiropractor
- Gym
- Nathan Dixon text
- Plurality of leadership
- Mutual submission on our team
- Richard Foster on Submission
- <https://renovare.org/articles/understanding->

## [submission](#)

- "Let us forever center on Christ and view the Spiritual Disciplines as a way of drawing us closer to his heart." - *Celebration of Discipline*, Richard Foster, p. 111
- "What freedom corresponds to submission? It is the ability to lay down the terrible burden of always needing to get our own way. The obsession to demand that things go the way we want them to go is one of the greatest bondages in human society today." - *Celebration of Discipline*, Richard Foster, p. 111
- "Scripture does not attempt to set forth a series of hierarchical relationships but to communicate to us an inner attitude of mutual subordination." - *Celebration of Discipline*, Richard Foster, p. 112
- "The touchstone for the biblical understanding of submission is Jesus' astonishing statement, 'If any many would come after me, let him deny

himself and take up his cross and follow me' (Mark 8:34)." - *Celebration of Discipline*, Richard Foster, p. 113

- The Discipline of Submission
  - <https://www.godslivingstones.org/articles/the-discipline-of-submission/a538.html>
- The Seven Acts of Submission
  - The first act of submission is to the Triune God. At the beginning of the day we wait, in the words of the hymn writer, "yielded and still" before Father, Son, and Holy Spirit. The first words of our day form the prayer of Thomas à Kempis, "As thou wilt; what thou wilt; when thou wilt." We yield our body, mind, and spirit for his purposes. We surrender our body, mind, and spirit into the hands of God to do with us as he pleases through the long darkness.
  - The second act of submission is to the Scripture. As we submit ourselves to the Word of God living (Jesus), so we submit ourselves to the Word of God

written (Scripture). We yield ourselves first to hear the Word, second to receive the Word, and third to obey the Word. We look to the Spirit who inspired the Scriptures to interpret and apply them to our condition. The word of Scripture, animated by the Holy Spirit, lives with us throughout the day.

- The third act of submission is to our family. The primary deed of submission is a commitment to listen to the other family members. Its corollary is a willingness to share.
- The fourth act of submission is to our neighbors and those we meet in the course of our daily lives.
- The fifth act of submission is to the believing community, the body of Christ. At times calls to serve the Church universal may come, and if the ministry is confirmed in our hearts, we can submit to it with assurance and reverence.

- The sixth act of submission is to the broken and despised. In every culture there are the "widows and orphans"; that is, the helpless, the undefended (James 1: 27). Our first responsibility is to be among them.
- The seventh act of submission is to the world. We live in an interdependent, international community. We cannot live in isolation. Our environmental responsibility, or the lack of it, affects not only the people around the world but generations yet to be born. Starving peoples affect us. Our act of submission is a determination to live as a responsible member of an increasingly irresponsible world.
- *Emotionally Healthy Discipleship*
- "Peter holds fixed, culturally informed ideas of how God's work in the world should unfold - and those ideas make no provisions for Jesus being killed. Nonetheless, Jesus wants to take Peter on a deeper spiritual journey, even



though everything in Peter resists the suffering and pain this involves." - *Emotionally Healthy Discipleship*, Peter Scazzero

- "It's one thing to affirm that Jesus died for our sins and rose from the dead, but it's another to lead out of a discipleship deeply informed by the crucified Jesus, and by the reality that the cross is not only the most important event in world history, but also the lens through which we follow him." - *Emotionally Healthy Discipleship*, Peter Scazzero

Ian Paul, *Aristotle and the Household Codes*

"Ben Witherington, in his commentary on Ephesians, comments that Eph 5 cannot be used to 'repristinize' the idea of hierarchy in domestic relationships. What he means by this is that you cannot simply 'clean up' Aristotle, remove the bits you don't like, but leave the hierarchical conclusion intact. The fundamental understanding of humanity has changed. If Paul agreed with Aristotle about hierarchy, it would have been

impossible for him to write 1 Cor 7.4.

Instead, he offers a radical alternative of an egalitarian community, where we serve one another *not* out of being placed in a particular position in a hierarchy because of our nature, but where we are servants of one another out of reverence for Christ."

Submit definitions

1. accept or yield to a superior force or to the authority or will of another person. "the original settlers were forced to submit to Bulgarian rule"

2. subject to a particular process, treatment, or condition. "samples submitted to low pressure"

3. present (a proposal, application, or other document) to a person or body for consideration or judgment "the panel's report was submitted to a parliamentary committee"

ὑποτάσσω (hupotassó): to place or rank under, to subject, mid. to obey

Passages:

- John 6:66-69 <sup>66</sup>From this time many of his disciples turned back and no longer followed him. <sup>67</sup>“You do not want to leave too, do you?” Jesus asked the Twelve. <sup>68</sup>Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life. <sup>69</sup>We have come to believe and to know that you are the Holy One of God.”