



Message Outline
A Doctor's Diagnosis of Jesus:
 Exercise

Luke 4:29-5:11

Intro: Luke's data from OB/GYN, Pediatrics, Genetics (Lk.1-3) to Diet, Exercise, and Sleep.

Read: Luke 4:29-44

v.29-30—Facing and moving forward in tense times...

v.31-32—The Word tied to the work of Jesus..

v.33-37—Jesus' authority over what binds humanity...

v.38-41—Not isolated incidents...

v.42-44—Reactions to Jesus (v.29, 42)...

Jesus' Exercises

- 1) Exercises authority over C _____ v.29-30
- 2) Exercises authority over P _____ v.31-37
- 3) Exercises authority over I _____ v.38-40
- 4) Exercises authority over I _____ v.42-44

Read: Luke 5:1-11

v.1-4—From message to masses to personal message to Simon Peter... "go deep!"

v.5—Frustration mixed with faith...

v.6-7—Obedience causes new problems...

v.8-10a—Personal awareness of sinfulness...

- Jesus doesn't run from but redefines Simon's direction...

v.10b-11—The biggest catch that day...not fish but following Jesus!

The Personal Training of Following

• "Follow me" is Jesus' training program (cf. Lk.9:23, 57-62).

• Core exercises in following...



- 1) _____
 - Progression of surrender: time (v.2-3), pride (v.5), everything (v.11).
- 2) _____ (v.8)
 - Lk.13:3, 15:10, 2Cor.7:10...
- 3) _____ (v.11)
 - Following means Jesus does the leading!

Small Group Reflection Questions

(Please take time to ponder and pencil in to prep for this week's small group session.)

Read: Acts 18-19

**What do you observe about the early church in Acts?*

**What spoke to you this past Sunday (ie. what made you laugh, learn, look deeper at life etc.)?*

**Take some time this week to skim thru some healing stories of Jesus (cf. Lk. 4-5, 8-9 etc.). Which miracle would you most like to have seen? Why? What do these events say about Jesus?*

**We know what Simon said, but what do you think Simon was thinking when Jesus told him to put down the nets in the deep for a catch?*

**Simon seems to have known Jesus prior to the events at the lake (4:38, 5:1), but it was at the lake his life would forever change for him. Can you think of a specific time Jesus "stepped into your boat" and challenged you to go deeper with Him?*

**Some of Simeon's change of direction involved walking away from things (namely his boat/catch). What do we need to walk away from in order to follow more closely to Jesus?*

**What does it mean to be "fishers of men?"*