

Title | Saying No to Good Things

Series | So You Can Know For Sure

Text | Luke 4:31-44

By | Bob Kerrey

Date | October 19, 2025

Luke 4:31 And he went down to Capernaum, a city of Galilee. And he was teaching them on the Sabbath, 32 and they were astonished at his teaching, for his word possessed authority. 33 And in the synagogue there was a man who had the spirit of an unclean demon, and he cried out with a loud voice, 34 "Ha! What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God." 35 But Jesus rebuked him, saying, "Be silent and come out of him!" And when the demon had thrown him down in their midst, he came out of him, having done him no harm, 36 And theu were all amazed and said to one another, "What is this word? For with authority and power he commands the unclean spirits, and they come out!" 37 And reports about him went out into every place in the surrounding region. 38 And he arose and left the synagogue and entered Simon's house. Now Simon's mother-in-law was ill with a high fever, and they appealed to him on her behalf. 39 And he stood over her and rebuked the fever, and it left her. and immediately she rose and began to serve them. 40 Now when the sun was setting, all those who had any who were sick with various diseases brought them to him, and he laid his hands on every one of them and healed them. 41 And demons also came out of manu, crying, "You are the Son of God!" But he rebuked them and would not allow them to speak, because they knew that he was the Christ. 42 And when it was day, he departed and went into a desolate place. And the people sought him and came to him, and would have kept him from leaving them, 43 but he said to them, "I must preach the good news of the kingdom of God to the other towns as well; for I was sent for this purpose." 44 And he was preaching in the synagogues of Judea. ESV

Big Idea:

Luke 4:43 but he said to them, "I must preach the good news of the kingdom of God to the other towns as well; for I was sent for this purpose." ESV

Sermon Notes

For Reflection and Application:

Monday:

Read Luke 4:31-44. Identify all the things which suggest that Jesus faced many draining demands and stressors. Read Hebrews 4:15. How does this relate to what Jesus faced in Luke 4:31-44? To what extent can Jesus sympathize with the busyness of your life?

Tuesday:

Read Luke 4:42 and Mark 1:35. Why did Jesus go to a desolate place? Why is it important for believers to follow his example? What can happen if we don't?

Wednesday:

Read Luke 4:42 and Mark 1:36-37. What do these verses suggest about the difficulty of having time alone with God? How can we overcome the difficulty?

Thursday:

Read Luke 4:43 and Mark 1:38. What good things were the people expecting Jesus to do? Did Jesus comply? What is the rationale Jesus gives? What factors would have made this decision difficult? What made the decision necessary? What can you learn from this?

Friday:

Considering the example of Jesus in Luke 4:31-44, how do you maintain priorities, making sure you do the most important things in life? Do you have a plan?

Daily Prayer:

Lord, give me the wisdom and strength to regularly retreat from my busyness to discover and advance your purposes for my life. Amen. If you would like to have the daily reflection and application emailed to you, scan the QR code or email info@moonvalleybible.org.

