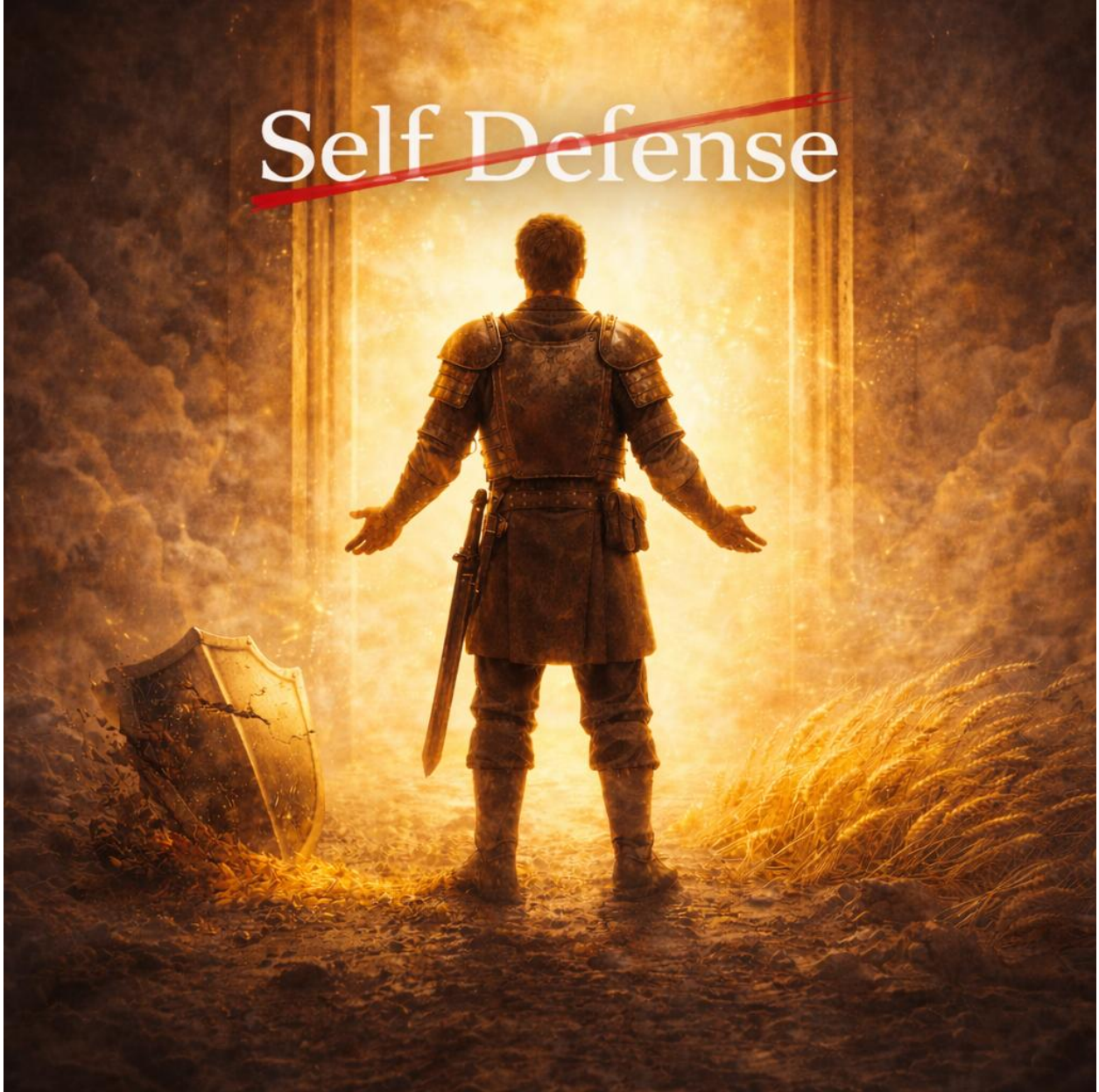


# ~~Self Defense~~



## Self Defense

Note for 20260112 – Mark 8:35

# 1. Opening

Welcome to the Devotionals of The House of Bread. In the Word we read that we are to receive the Word of GOD by the Spirit, so I strongly urge you to pray before you receive the Devotional. Let Christ take the lead in your Spiritual Development.

Watch on YouTube at: <https://youtu.be/ojETZZTRQI4>

## Introduction

This morning, I read more than this verse, I read the entire chapter and a devotional note written by me 51 weeks ago. That would put it in the time when I was doing the series on *"The Gospel according to Jesus Christ"*

It is what can be considered an extensive note without a title. Today it was gathered again, to be increased by making music from the Word and the teachings as we find it in this chapter.

### The Instinct for Self-Defense: A Spiritual Dilemma

**THE PROBLEM**



**The Self-Defense Has Metastasized**  
**The Self-Defense Instinct Has Metastasized**  
A reflex meant for physical survival now defends our non-physical ego and opinions.

**Beware the "Leaven" of Human Opinion**



Human additions corrupt pure divine truth like leaven changes bread.



**Case Study: Peter's Carnal Rebuttal**  
After divine revelation, Peter rebuked Jesus to defend his own human expectations.

**THE SOLUTION**

**SPIRITUAL DISARMAMENT**



**THE ALTERNATIVE IS SPIRITUAL SURRENDER**  
This means choosing forgiveness over retaliation, following the examples of Stephen and Christ.

**"THIS WORLD HAS ENOUGH BLADES TO CUT WITH ON ITS OWN, I DO NOT HAVE TO ADD TO IT."**  
A commitment to non-retaliation and peace (shalom) is the required path.



**BURY YOUR WEAPONS**  
Lay down your sharp words, rigid opinions, and silent judgments.

NotebookLM

## 2. Scripture Text

### Mark 8:35 ESV

*"[35] For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it."*

<https://bible.com/bible/59/mrk.8.35.ESV>

## 3. Devotional Reflection

Now, today's note has a title, "*Self Defense.*" And where we look at it in a large view last time, we will focus on this Verse that we received as the verse of the Day.

It makes me think of how we today have exclusions in the Law, "*Thou shalt not kill,*" to permit self-defense. And then I wonder, how deep has that leaven grew in other areas of our lives? Think of how we defend ourselves when we are accused of something... How about in all matters of "*us against them,*" however it applies. Even about our doctrinal stance regarding things like baptism, rapture, Holy days and things that makes us unclean. How vigorously will we defend our opinion and call it defense of our faith? When in truth, it is a defense of opinion.

If words could slay a person eight in our view, open so we can see the blood drawn, instead of the victim of our verbal assault being carried silently in heartbreak within, would we be seen guiltless, having harmed no-one? Is it not by words we defend ourselves most often, our name and how people think of us? The incessant need for self-defense makes me ponder.

(Selah)

*"...whoever loses his life for my sake and the gospel's will save it."*

These words spoken by Jesus Christ. Is it not Christ that forgave us our sin, and should we not forgive one another according to His words in [Matthew 6](#)? "*Forgive us our trespasses as we forgive those who trespass against us,*" instead of self-defense!

The nature of Christ called into action instead of the lacking laws of this world. When we received the Law by Moses, was there an exclusion to, "*thou shalt not kill?*" If you think I am tough on this matter, hear what Jesus had to say:

### Matthew 5:21-26 ESV

*"[21] 'You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.' [22] But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire. [23] So if you are offering your gift at the altar and there remember that your brother has something against you, [24] leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. [25] Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. [26] Truly, I say to you, you will never get out until you have paid the last penny."*

<https://bible.com/bible/59/mat.5.21-26.ESV>

We are still in this world, and as-long-as what we are here, we have to suffer for its shortfalls because of the "*leaven of men.*" (Best understood if you partake in the "*Optional Reading*" section of the Devotional today)

We should learn from Stephen who prayed for those who stoned him to death.

### Acts 7:59-60 ESV

*"[59] And as they were stoning Stephen, he called out, 'Lord Jesus, receive my spirit.' [60] And falling to his knees he cried out with a loud voice, 'Lord, do not hold this sin against them.' And when he had said this, he fell asleep."*

<https://bible.com/bible/59/act.7.59-60.ESV>

I am always inspired by this prayer of Stephen, especially when we remember Christ's

## Luke 23:34 ESV

*“[34] And Jesus said, “Father, forgive them, for they know not what they do.” And they cast lots to divide his garments.”*

<https://bible.com/bible/59/luk.23.34.ESV>

And then I am disgusted with myself for every time I act in self-defense. I am embarrassed by all my shortcomings, not financially, nor poverty, but for the poverty in lack of knowledge and the application of good doctrine in my life. I am reminded so often that I still fall short, then I am embarrassed all over again thinking of where I expected others to live according to a standard I cannot uphold. Yet does it remain the standard, we just fall short.

Then I look at what Christ did upon the cross and I am grateful yes but also ashamed of how I fail in all these good values I should uphold. Reminded from within, we are all sinners saved by Grace. Reminded that I am to show grace to others too, still, embarrassingly falling short of that too.

## 4. Verse of the Day

From the YouVersion Bible App

### Mark 8:35 ESV

*“[35] For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel’s will save it.”*

<https://bible.com/bible/59/mrk.8.35.ESV>

## 5. Closing Paragraph

No matter how many times I fail, I will try and try again for the sake of good. Even if it spares just one, I will try again. For this world has enough blades to cut with on its own, I do not have to add to it

Selah

Shalom. (I choose the peace of Christ, even when I fail)

## 6. Optional Reading / Study Expansion

In the note for today I speak of the previous note I read this morning, and I wanted to make that available to those who can find the time for it.

### Background Reading:

*Mark 8:1-38 KJV*

*“[1] In those days the multitude being very great, and having nothing to eat, Jesus called his disciples unto him, and saith unto them, [2] I have compassion on the multitude, because they have now been with me three days, and have nothing to eat: [3] and if I send them away fasting to their own houses, they will faint by the way: for divers of them came from far. [4] And his disciples answered him, From whence can a man satisfy these men with bread here in the wilderness? [5] And he asked them, How many loaves have ye? And they said, Seven. [6] And he commanded the people to sit down on the ground: and he took the seven loaves, and gave thanks, and brake, and gave to his disciples to set before them; and they did set them before the people. [7] And they had a few small fishes: and he blessed, and commanded to set them also before them. [8] So they did eat, and were filled: and they took up of the broken meat that was left seven baskets. [9] And they that had eaten were about four thousand: and he sent them away. [10] And straightway he entered into a ship with his disciples, and came into the parts of Dalmanutha. [11] And the Pharisees came forth, and began to question with him, seeking of him a sign from heaven, tempting him. [12] And he sighed deeply in his spirit, and saith, Why doth this generation seek after a sign? verily I say unto you, There shall no sign be given unto this generation. [13] And he left them, and entering into the ship again departed to the other side. [14] Now the disciples had forgotten to take bread, neither had they in the ship with them more than one loaf. [15] And he charged them, saying, Take heed, beware of the leaven of the Pharisees, and of the leaven of Herod. [16] And they reasoned among themselves, saying, It is because we have no bread. [17] And when Jesus knew it, he saith unto them, Why reason ye, because ye have no bread? perceive ye not yet, neither understand? have ye your heart yet hardened? [18] Having eyes, see ye not? and having ears, hear ye not? and do ye not remember? [19] When I brake the five loaves among five thousand, how many baskets full of fragments took ye up? They say unto him, Twelve. [20] And when the seven among four thousand, how many baskets full of fragments*

took ye up? And they said, Seven. [21] And he said unto them, How is it that ye do not understand? [22] And he cometh to Bethsaida; and they bring a blind man unto him, and besought him to touch him. [23] And he took the blind man by the hand, and led him out of the town; and when he had spit on his eyes, and put his hands upon him, he asked him if he saw ought. [24] And he looked up, and said, I see men as trees, walking. [25] After that he put his hands again upon his eyes, and made him look up: and he was restored, and saw every man clearly. [26] And he sent him away to his house, saying, Neither go into the town, nor tell it to any in the town. [27] And Jesus went out, and his disciples, into the towns of Cæsarea Philippi: and by the way he asked his disciples, saying unto them, Whom do men say that I am? [28] And they answered, John the Baptist: but some say, Elias; and others, One of the prophets. [29] And he saith unto them, But whom say ye that I am? And Peter answereth and saith unto him, Thou art the Christ. [30] And he charged them that they should tell no man of him. [31] And he began to teach them, that the Son of man must suffer many things, and be rejected of the elders, and of the chief priests, and scribes, and be killed, and after three days rise again. [32] And he spake that saying openly. And Peter took him, and began to rebuke him. [33] But when he had turned about and looked on his disciples, he rebuked Peter, saying, Get thee behind me, Satan: for thou savourest not the things that be of God, but the things that be of men. [34] And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me. [35] For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's, the same shall save it. [36] For what shall it profit a man, if he shall gain the whole world, and lose his own soul? [37] Or what shall a man give in exchange for his soul? [38] Whosoever therefore shall be ashamed of me and of my words in this adulterous and sinful generation; of him also shall the Son of man be ashamed, when he cometh in the glory of his Father with the holy angels.”

<https://bible.com/bible/1/mrk.8.1-38.KJV>

Man likes titles and headings, but today there is none. No "preview" of the message in that way, for some among you have looked at the title to decide whether it interests you or not. Is that how you live your life, by your interests?

Today we have the entire chapter 8 of Mark before us. What shall be taken from it? And if one matter then be looked at in more detail, does it erase the rest?

You see, the disciples were affected by this too, twice they handed out the food of increase to multitudes, and still they had concern that they brought no more than one loaf into the ship. After each increase, Jesus have them cross the sea to go to Bethsaida, which means House of Fish. And was Christ not born in Bethlehem, the House of Bread? Jesus speaks to his disciples after this and say to them, "*Having eye, do ye not see?*" And then, straight after, he heals a man that is blind? Then he asks them about who people say that He is, but when He ask them who they thought He was, it is Peter who answers that He is the Christ (Messiah.) Then He charge them not to speak it to a man and start telling them what the Son of man must suffer. And who is it that objects and rebukes Him. Yes, the very same one who identified Him as the Messiah. And then, of course, the famous statement of Jesus to Peter, of, "*Get behind me Satan.*"

Who remembers what Christ said to Peter after that? "*For thou savourest not the things of GOD, but the things that be of men.*" In other words, carnal things. The Pharisees sought of him a sign, to them he gave none, His disciples saw all the signs, and yet they were plagued with carnal minded things. Having seen the increase of Bread and Fish, two times, they were still troubled about bread.

Why were they concerned about how much bread they had with them? Yes! Because Jesus warned them about the leaven of the Pharisees and Herod. In hearing, do you not hear? Even now, some of you are saying in yourself, what is he on about, he has said so many things. Does the Pharisees not resemble the religious leaders of men; and Herod, does he not resemble the governing rule of men? Now what did Christ say to Peter again at His rebuke of him? "*Thou savourest not the things of GOD, but the things that be of men...*" Leaven. We do not consider where our bread comes from, but add to it, the sayings of men, to make more of it. Man's thoughts and opinions, while Christ thanked God, and made more of the little that was there, that was the same without adding anything outside that which GOD gave. But leaven changes the nature of the bread. Christ gave more of the same.

How often have you heard someone say, "*I think?*" Man includes his own consideration to what is received. Now you say, "*but aren't you doing the same right now?*" How can I know what you think or say beforehand? Does this not lay 2 days in waiting before it goes out? And even now, does it not lie in waiting till it is read and heard? And yet there are some that say in themselves, "*I did not think that or said that.*" Have we all included then? What I give, is more of the same, even the Bread of Life that is in Jesus Christ, given by the very same Holy Spirit

of GOD, poured out in us as a gift from GOD, by the request of Jesus Christ, His only Begotten Son. Shall the blind then see, and the deaf then hear? Did Paul not write that the carnal mind is at enmity with GOD? What did Christ say to Peter again? Is it not the same?

Do you want more of the same bread? Unleavened?

Then you must have it from the Word of GOD, unleavened, read by you for yourself. Get it straight from GOD, what He gave. What He increased and preserved for you until this time. I speak to you under the banner of the House of Bread, [www.thehouseofbread.co.za](http://www.thehouseofbread.co.za) which points you not to me, but to Him that was born in Bethlehem, The Bread of Life, The Messiah, Jesus Christ. The Word of GOD, that was made flesh, to be nailed to a cross, so you and I may live. GOD sacrificed His Word, so we may live. That we may be forgiven of all our trespasses. He sacrificed of Himself, to cover us in His love for us. He took the price of sin and paid it on our behalf. We are purchased by the Blood of Christ, our Passover Lamb of GOD. Forgiven, we are still reluctant to forgive others, why? GOD gave us an entire lifetime to make our choice for Him, but we want results from one another in the same moment our requests are made known. When we pray, we want results right now, even though we took our time to give GOD a consideration in our life. And usually, that time does not come unless we are troubled in some way? How many times did the Israelite complain against GOD, and His servant, Moses, in the wilderness? Where did Christ speak to this multitude? Was it not in the wilderness, a deserted place, too?

Are we a desert place, or do we still savour that which is of man? In a desert place the Lord will bring increase, but with man, we have the problem of the leaven of man's opinions, intentions and want of gain. If Christ is not in you, then you suffer from a lack of Bread from heaven. Then you do not gather the manna that was given. Then you will fast for lack of Bread, and maybe you will faint on your way back home. Some will think, "*I am home*," because of bricks and mortar. No, you are not, for if you are born of GOD, you are still here and not with Him. But, that day of redemption is drawing near each day, were we not told to look up, that our redemption draws near, when we see all these things? ([Matthew 24](#)) Seeing, who perceives? Listening, who hears?

Who says with me, "*Come Lord Jesus, come?*" Who knows what it means and what will come before He does? How would you truly know, unless you get the unleavened bread from Him? Then you will have the oil you need, for a lamp to shine for you in the dark night to come.

*"Father, reveal to these that have heard and responded in their hearts, all that they need that they may have enough oil for their lamps, in Jesus Name, Amen."*

Selah Shalom.

## Song Lyrics

This morning, after all of this and before I ended my quiet time, I wrote the following lyrics for a song:

*A Vessel of Your Love*

*Album: Self Defense*

### **[Verse 1]**

Oh Lord, my God, do not withdraw  
When I stumble, when I fall  
Of all that's pure, of all that's good  
I fail to do the things I should  
I stand ashamed, repulsed by self  
I lay my pride upon the shelf  
Oh Lord, my God, look down and see  
And have mercy on a soul like me

### **[Chorus]**

Perfect me, Lord, for perfection's sake  
For the sake of every heart at stake  
Not for my glory, but for the Good  
To be the man I know I should  
Bury my weapons, end the strife  
Let Christ be seen within my life  
Make me a vessel of Your love

### **[Verse 2]**

My failures, Lord, they cost a price  
A heavy, hurting sacrifice  
Not just for me, but those I near  
Who bear the weight of all I fear  
So give me endurance, keep me still  
To spare them from my wayward will  
Correct the heart, the inner part  
Where every word and action starts

### **[Bridge]**

No sly remark, no speech of hate  
No gossip whispered at the gate  
No bitter thought against my brother  
But a love that serves and seeks the other  
I am hid in Christ, I seek no harm  
Lay down the sword, lean on Your arm

### **[Chorus]**

Perfect me, Lord, for perfection's sake  
For the sake of every heart at stake  
Not for my glory, but for the Good  
To be the man I know I should  
Bury my weapons, end the strife  
Let Christ be seen within my life  
Make me a vessel of Your love

### **[Outro]**

For the sake of Love  
Make Your Word true in me  
Forego my own, Your will be done  
Shalom... Shalom

## 7. Resources

### Playlists:

Over the last few months and years, we have compiled a few playlists on SoundCloud. Feel free to explore it, download it and share with friends and family.

Find playlists at: <https://soundcloud.com/houseofbread4u/sets>

## NEW: Download Music



We have added the ability for you to download the music you heard in the devotionals. You can listen to the song before hitting the “Download” button to know it is the right song you wanted. For now, at least, these are free downloads, and my hope is that I can keep it free. Enjoy!

Link: <https://music.thehouseofbread.co.za/index.php>

## Radio Stations:

House of Bread Music Radio App

Download link:

<https://play.google.com/store/apps/details?id=com.app.houseofbreadmusic>



## The Stern Watch Radio App

Scan the QR Code

Or follow the Download link:

<https://play.google.com/store/apps/details?id=com.app.sternwatch>

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