

Jesus is King | A Series through the Gospel of Mark

The Sabbath

Text: Mark 2:23-3:6

Synopsis: The critic burns out from their own rules, but Jesus didn't come to bring more rules--he came to bring a new way of life (symbolized by the Sabbath).

Human Need

One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. 24 And the Pharisees were saying to him, "Look, why are they doing what is not lawful on the Sabbath?" 25 And he said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him: 26 how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?" (Mark 2:23-26)

1. Hungry

Again he entered the synagogue, and a man was there with a withered hand. (Mark 3:1)

2. Withered

Have you ever felt this way?

The Critic's Voice

And the Pharisees were saying to him, "Look, why are they doing what is not lawful on the Sabbath?" (Mark 2:24)

Complaint: "That isn't the right protocol."

And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. (Mark 3:2)

Cynicism: "Waiting for people to fail"

God's Word becomes weaponized to control people rather than point them to the Giver of Life.

God's Heart

And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent. And he looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. (Mark 3:4-5)

And he said to them, "The Sabbath was made for man, not man for the Sabbath. (Mark 2:27)

What is the Sabbath?

Origin: Genesis 2:2-3

"Rested on the seventh day" (Exodus 20:11)

"Made it holy" (Ex 20:11)

God ceased working to delight in His creation!

Jesus brings rest!

So the Son of Man is lord even of the Sabbath.” (Mark 2:28)

Hebrews 4:9 (ESV)

there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his.

Practicing Rest

“Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy. (Exodus 20:9-11)

1. Rest

On it you shall not do any work (v10)

2. Identity/worship

For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. (v11)

3. Delight

Therefore the Lord blessed the Sabbath day and made it holy. (v11)

Rest – What things in your week that are draining can you put on hold?

Worship – How can you consciously return your mind to Jesus at key points in the day?

Delight – What things that bring life to your soul can you incorporate?