

**Resting
Let's Go
Mark 2:23 – 3:6
3-28-21**

I. Religious Rules Enslave Us.

Mark 2:23-24 – *“One Sabbath He was going through the grainfields, and as they made their way, His disciples began to pluck heads of grain. And the Pharisees were saying to Him, ‘Look, why are they doing what is not lawful on the Sabbath?’”*

Exodus 20:8-10 – *“Remember the Sabbath day, to keep it holy. Six days you shall...do all your work, but the seventh day is a Sabbath...On it you shall not do any work...”*

Exodus 31:13-15 – *“...Above all you shall keep My Sabbaths, for this is a sign between Me and you... Everyone who profanes it shall be put to death....”*

Exodus 34:21 – *“Six days you shall work, but on the seventh day you shall rest. In plowing time and in harvest you shall rest.”*

Exodus 33:14 – *“And He said, ‘My presence will go with you, and I will give you rest.’”*

II. The Sabbath is a Blessing, not a Burden.

Mark 2:25-27 – *“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: 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?’ And He said to them, ‘The Sabbath was made for man, not man for the Sabbath.’”*

Mark 2:28 – *“So the Son of Man is Lord even of the Sabbath.”*

Jesus Used Sabbath Rests To:

1. Be with God's people.

Luke 4:16 – *“Jesus came to Nazareth, where He had been brought up. And as was His custom, He went to the synagogue on the Sabbath day, and He stood up to read.”*

2. Be renewed for ministry.

Mark 6:31 – *“Jesus said to them, ‘Come away...to a desolate place and rest a while.’ For many were coming and going, and they had no time even to eat.”*

3. Work through difficult times.

Matthew 14:12-13 – *“Jesus’ disciples came and took the body (of John) and buried it, and they told Jesus. Now when Jesus heard this, He withdrew from there in a boat to a desolate place by Himself...”*

4. To focus on prayer.

Luke 5:16 – *“Jesus would often withdraw to desolate places and pray.”*

5. To invest in a few people.

Matthew 17:1 – *“Jesus took with Him Peter and James, and John his brother, and led them up a high mountain by themselves.”*

Going Deeper This Week

1. Read Mark 2:23-3:6. What did the Lord show you?
2. Practice explaining the Gospel message to one another.
3. Do you have more of a tendency to find faults in other people or to find ways to commend and encourage them?
4. In what ways could a follower of Christ today honor the Sabbath? (Romans 14:5, Luke 5:16, Matthew 23:23)
5. How did Jesus’ question in Mark 3:4 clarify the situation? How can a well-formed question sometimes function better in a debate than simply stating a proposition?
6. How can a person honor a Sabbath day without becoming legalistic toward others?
7. We now have an eternal sabbath rest in Christ because we trust in Him. Think of what all that means and spend time praising Him. (Hebrews 4:10)