

Jesus and the Sabbath

Text: Mark 2:23-28

Context -

In Mark 2-3, Jesus is in the process of answering clarifying questions that are asked by the religious authorities. The question before us in our current text is, "Why do your disciples do what is not lawful on the Sabbath?"

When you study Jesus' teaching on the Sabbath...

1. Repel Legalistic Rules (vs. 23-34)

- A. Legalism tempts us to look to our own righteousness rather than to the righteousness of Christ for our spiritual status before God.
- B. The Pharisees believed that Jesus' disciples were guilty of two violations of the Sabbath: 1. They were traveling more than 1,999 paces. 2. They were reaping grain. Both were added rules that were not in scripture.
- C. Have you been tempted towards legalistic rules to find favor with God?

2. Review it's history (vs. 25-27)

- A. Jesus teaches the Pharisees about King David's hungry men who ate the consecrated "bread of the temple." Scripture did not condemn their actions.
- B. Jesus makes clear that the Sabbath was made for man to bless man, and not man for the Sabbath.
- C. Was the Sabbath law meant to be punitive or celebrative? Was it meant to be a restriction or a benefit? How should that affect the Christian view of the Sabbath? (Question comes from Danny Akin)

3. Rest in the Lordship of Jesus (vs. vs. 28)

- A. Under the New Covenant of Jesus, we are to worship what the Sabbath points us to - the Messiah and our rest in Him. (See also Colossians 2:16-17)
- B. Jesus statement as "The Son of Man is Lord even of the Sabbath," is a strong statement of his deity and power.
- C. Have you surrendered to Jesus as the ruler of your life? Are you resting fully in Him?