

## **The Book of Mark:**

### **The Point of the Sabbath**

*One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. <sup>24</sup> The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"*

*<sup>25</sup> He answered, "Have you never read what David did when he and his companions were hungry and in need?"<sup>26</sup> In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions."*

*Then he said to them, "The Sabbath was made for man, not man for the Sabbath. <sup>28</sup> So the Son of Man is Lord even of the Sabbath."*

*Mark 2:24-28 (NIV)*

*Another time Jesus went into the synagogue, and a man with a shriveled hand was there. <sup>2</sup> Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. <sup>3</sup> Jesus said to the man with the shriveled hand, "Stand up in front of everyone."*

*<sup>4</sup> Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent.*

*He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored. <sup>6</sup> Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.*

*Mark 3:1-6 (NIV)*

Two reasons are given for the Israelites to observe a Sabbath:

#### **1. A reminder that God is the Creator.**

*Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.<sup>11</sup> For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.*

*Exodus 20:8-11 (NIV)*

#### **2. A reminder of the Israelite's slavery and God's deliverance**

*Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.*

*Deuteronomy 5:15 (NIV)*

*Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, <sup>47</sup> praising God and enjoying the favor of all the people.  
Acts 2:46-47 (NIV)*

*One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind.  
Romans 14:5 (NIV)*

*Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.  
(Colossians 2:16 NIV)*

*He said to them, "This is what the Lord commanded: 'Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'"  
Exodus 16:23 (NIV)*

*"Eat it today," Moses said, "because today is a sabbath to the Lord. You will not find any of it on the ground today. <sup>26</sup> Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any."  
Exodus 16:25-26 (NIV)*

*"Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest.  
Exodus 34:21 (NIV)*

*For six days, work is to be done, but the seventh day shall be your holy day, a day of sabbath rest to the Lord. Whoever does any work on it is to be put to death. <sup>3</sup> Do not light a fire in any of your dwellings on the Sabbath day."  
Exodus 35:2-3 (NIV)*

*In those days I saw people in Judah treading winepresses on the Sabbath and bringing in grain and loading it on donkeys, together with wine, grapes, figs and all other kinds of loads. And they were bringing all this into Jerusalem on the Sabbath. Therefore I warned them against selling food on that day.  
Nehemiah 13:15 (NIV)*

#### **Application for us:**

- **The Sabbath was meant to be a \_\_\_\_\_, not a burden.**

*Then he said to them, "The Sabbath was made for man, not man for the Sabbath. <sup>28</sup> So the Son of Man is Lord even of the Sabbath."  
Mark 2:24-28 (NIV)*

- **Christians should write \_\_\_\_\_ instead of \_\_\_\_\_.**