

"Sabbath"
Mark 2:23 - 3:6

Introduction: Mark 2:23 - 3:6 (2:18-22) Jesus is saying - 'I am Lord of the Torah'.

Old Testament Sabbath Law - The Jewish sabbath began Friday at 6:00 PM and ended Saturday at 6:00 PM.

God "blessed" the Sabbath and this day blesses the other days of the week with "vitality, prosperity, abundance and fertility." (Rooker, 87)

New Testament Sabbath Practices - Being a Jew and observing the Sabbath became synonymous. The Gospels record 6 events when Jesus faced controversy over the Sabbath Picking grain on the sabbath (Work - Matthew 12:1-8; Mark 2:23-28) and healing on the sabbath (Matthew 12:9-14; Luke 13:10-14; 14:1-6; John 5:1-14; John 9).

New Testament Sabbath Rest - In Matthew 11:28-30; Hebrews 3:7-11; 4:1-11.

Mark 2:23-28 - (1 Samuel 21:1-6).

Concept: God permitted his rule to be broken for the need of David and his men. God let a ceremonial law slide to meet an urgent human need.

Matthew 3:1-6 - Matthew 12:1-14; Luke 6:1-11

Precept: Jesus simply puts the man-made laws of the Pharisees in their proper place and elevates God's love for his people. (See Isaiah 1:11-17)

Conclusion & Application:

First, as a follower of Jesus Christ, make regular, intentional time to be before God, to focus on his agenda, to study his word and to lay aside the cares of my life for something greater and more important with other believers. What do I let impact my normal sacred time?

Second, we are not called to worship for 24 hours; but have we taken this 'freedom too far'; have we shortened our commitment to worship so that we can have "the rest of the day for ourselves"?

Third, Sabbath observance was a matter of Law, Sunday worship is not; perhaps we should ask, "What is the spirit of my 'Sabbath'? What is the spirit of my Worship?"

Fourth, All true rest resides in Jesus Christ.