**Sermon Notes**



**“Lord of the Sabbath”**

Mark 2:23–28

23 One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. 24 The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” 25 He answered, “Have you never read what David did when he and his companions were hungry and in need? 26 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.” 27 Then he said to them, “The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath.”

*“Wherever Jesus goes, he provokes a crisis of faith.”* Ben Witherington III

**Why are the Pharisees upset?**

Exodus 20:8  
8 “Remember the Sabbath day by keeping it holy.

**Sabbath: A Law as Gift**

“The Sabbath was made for man, not man for the Sabbath.”

God’s heart behind Sabbath:

1. Sabbath offers \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Genesis 1-2)
2. Sabbath offers freedom from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Deuteronomy 5:12–15; Leviticus 26:13)

**Lord of the Sabbath**

Sabbath = “to stop or to cease.”

Our Primary Striving: \_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Before \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Before \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Before \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Only Christianity offers \_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hebrews 4:9-10

“**9**There remains, then, a Sabbath-rest for the people of God;**10**for anyone who enters God’s rest also rests from their works, just as God did from his.”

John 19:30   
30 When he had received the drink, Jesus said, “It is finished.” With that, he bowed his head and gave up his spirit.



**Questions for Discussion**

1. What part of this message spoke most directly to your own life?
2. “Wherever Jesus goes, he provokes a crisis of faith.” How have you experienced this to be true in your life?

3. What is your association with “the Sabbath”? Was it enforced when you were young? Do you still practice it now? Do you see it as a gift or obligation?

4. Of the two things Jeff noted Sabbath offers us, which benefit of Sabbath do you think is most needed by our culture? By you personally?

5. Do you believe our primary striving is self-justification? Why or why not?

6. How should understanding Jesus as “Lord of the Sabbath” change how Christians live their day-to-day lives? Give an example(s).