**Sermon Notes**



**“Stretch Out Your Hand”**

Mark 3:1–6 (NIV)

1 Another time Jesus went into the synagogue, and a man with a shriveled hand was there. 2 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. 3 Jesus said to the man with the shriveled hand, “Stand up in front of everyone.” 4 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. 5 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. 6 Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

**Sabbath:A Law as Gift**

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

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

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*xēros* = shriveled, withered, paralyzed

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**5 He looked around at them in anger and, deeply distressed at their stubborn hearts…**

**Early warning signs of a hard heart** (Carey Neiuwhof)

1. You don’t really celebrate and you don’t really cry.

2. You stop genuinely caring.

3. So much of what’s supposed to be meaningful feels mechanical.

4. Passion is hard to come by.   
5. You no longer look for the best in people**.**

**6 Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.**

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**Questions for Discussion**

1. What part of this message spoke most directly to your own life?

2. Jesus “shows and tells” the kingdom throughout his ministry. In what ways does our church do a good job of both “showing and telling” the kingdom of God? In what ways does our church struggle? Is it more in the showing or telling?

3. Look up the following references and discuss how they relate to Mark 3:1-6

* Exodus 7:13, Zechariah 7:12, Psalm 37:32, Ephesians 4:18, James 1:19,

4. The Pharisees cannot see past the letter of the law to Jesus’ loving intentions. They are hard-hearted legalists, even plotting murder on the Sabbath. Can you think of other ways that legalism can lead people away from the heart of God?

5. What decisions lead people down the road of hard-heartedness? What decisions can lead people out of hard-heartedness?

6. Why do you think the Pharisees began plotting to kill Jesus? What does this teach us about the condition of the human heart?