




S a b b a t h

R e s t

Honoring the Sabbath

(Mark 2:23-3:6)



**LORD OF
THE SABBATH**
MARK 2:23-3:6

Jesus Christ

**Honoring the Sabbath
(Mark 2:23-3:6)**

Mark 2:23-26 (ESV)

²³ One Sabbath he was going through the grain fields, and as they made their way, his disciples began to pluck heads of grain.

²⁴ And the Pharisees were saying to him, “Look, why are they doing what is not lawful on the Sabbath?”

²⁵ And he said to them, “Have you never read what David did, when he was in need and was hungry, he and those who were with him:

²⁶ how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?”

David eats the holy bread while fleeing from King Saul

Then David came to Nob, to Ahimelech the priest. And Ahimelech came to meet David, trembling, and said to him, “Why are you alone, and no one with you?”² And David said to Ahimelech the priest, “The king has charged me with a matter and said to me, ‘Let no one know anything of the matter about which I send you, and with which I have charged you.’ I have made an appointment with the young men for such and such a place.”³ Now then, what do you have on hand? Give me five loaves of bread, or whatever is here.”⁴ And the priest answered David, “I have no common bread on hand, but there is holy bread

--1 Samuel 21: 1-4

Mark 2:27-28 (ESV)

²⁷ And 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.”

Daniel has a vision of “The Son of Man” (The Messiah)

- ¹³ “I saw in the night visions,
and behold, with the clouds of heaven
there came one like **a son of man**,
and he came to the Ancient of Days
and was presented before him.
- ¹⁴ And to him was given dominion
and glory and a kingdom,
that all peoples, nations, and languages
should serve him;
his dominion is an everlasting dominion,
which shall not pass away,
and his kingdom one
that shall not be destroyed.

--Daniel 7:13-14 (ESV)

- * In Aramaic, “son of man” can also simply mean a human being

The Lord of the Sabbath: An analysis

- If the Son of Man has authority to forgive sins (Mark 2:1-12)
- Then the Son of Man has authority over people
- And if the Sabbath was made for people
- Then the Son of Man has authority over the Sabbath

Mark 3:1-6 (ESV)

Again he entered the synagogue, and a man was there with a withered hand.

2 And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him.

3 And he said to the man with the withered hand, "Come here."

4 And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent.

5 And he looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored.

6 The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him.

I. The Pharisees Zero In

A. “Outcasts” → Disciples (fasting, harvesting) → Jesus (healing)

B. Alliance with the Herodians

II. Good Intentions Gone Awry (Pharisees)

A. The Sabbath and the Diaspora

B. The Sabbath and the Arrival of the Messiah

Blessings for keeping the Sabbath

²⁴ ““But if you listen to me, declares the LORD, and bring in no burden by the gates of this city on the Sabbath day, but keep the Sabbath day holy and do no work on it, ²⁵ then there shall enter by the gates of this city kings and princes who sit on the throne of David, riding in chariots and on horses, they and their officials, the men of Judah and the inhabitants of Jerusalem. And this city shall be inhabited forever.

--Jeremiah 17:24-25

Curses for not keeping the Sabbath

²⁷ But if you do not listen to me, to keep the Sabbath day holy, and not to bear a burden and enter by the gates of Jerusalem on the Sabbath day, then I will kindle a fire in its gates, and it shall devour the palaces of Jerusalem and shall not be quenched.

--Jeremiah 17:27 (ESV)

Curses for not keeping the Sabbath

²⁰ He took into exile in Babylon those who had escaped from the sword, and they became servants to him and to his sons until the establishment of the kingdom of Persia, ²¹ to fulfill the word of the LORD by the mouth of Jeremiah, until the land had enjoyed its Sabbaths. All the days that it lay desolate it kept Sabbath, to fulfill seventy years.

--2 Chronicles 36:20-21 (ESV)

III. The Sabbath is Relational

- A. Opening the door to the Kingdom of God
(Rule-following does not set the paradigm)

- B. The Sabbath is for God: to glorify Him

- C. The Sabbath is for humanity: to give rest

A. Old/New Contract: Rule-following does not set the paradigm

“This controversy is part of the conflict between the old and new. In this case the new is Jesus’ proclamation that the kingdom of God is near. The old is the expectation that keeping the law, especially the traditions about the Sabbath, is the factor that determines when the rule of God would appear on earth. For the Pharisees, it was inconceivable that the reign of God would be ushered in by someone who did not revere the law as they did.”

--Ronald J. Kernaghan, *Mark*

B. The Sabbath is for God: to glorify Him

⁸ Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

--Exodus 20:8-11 (ESV)

C. The Sabbath is for humanity

¹² And the LORD said to Moses, ¹³ “You are to speak to the people of Israel and say, ‘Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the LORD, sanctify you.

--Exodus 31:12-13 (ESV)

²¹ “Six days you shall work, but on the seventh day you shall rest. In plowing time and in harvest you shall rest.

--Exodus 34:21 (ESV)

IV. The Spirit of the Law: To Protect Human Life

A. “Harvesting” and Healing (Jesus and the Disciples)

*Human need supersedes ritual, ceremony, or social expectations

B. Plotting (Pharisees and Herodians)

*Their expectations for a Messiah blind them to the presence of the Messiah

Applications

1. How does Sunday worship enrich your “up-life,” “in-life,” and “out-life”?
2. When and where during the week are your “mini-Sabbaths”?
3. How might your religious expectations limit your relationship with Christ?

Let Us Pray

