

Date: March 21, 2021

Sermon Series: Learning to Follow

Sermon Title: "Sabbath"

Scripture: Mark 2:23-3:6

Speaker: Pastor Mike Barnhart



Sabbath – “to cease”

Genesis 2:2–3 ESV

And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Exodus 20:8–11 ESV

“Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, 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. 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.

What are we supposed to do on the Sabbath?

Mark 2:27–28 ESV

And he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath.”

When it comes to the Sabbath, Jesus is the focus.

On the Sabbath, Jesus is our centerpiece.

Because Jesus is the Sabbath centerpiece, your _____ must trump your _____.

1. Enable others to _____ the Sabbath.

Mark 2:23–27 ESV

One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. And the Pharisees were saying to him, “Look, why are they doing what is not lawful on the Sabbath?” 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: 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?” And he said to them, “The Sabbath was made for man, not man for the Sabbath.

Mercy trumps sacrifice.

The Sabbath was never meant to be a test to see how much you’re willing to give up for God.

Mark 2:27 ESV

And he said to them, “The Sabbath was made for man, not man for the Sabbath.

2. Do the _____.

Mark 3:1–2 ESV

Again he entered the synagogue, and a man was there with a withered hand. And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him.

Mark 3:3 ESV

And he said to the man with the withered hand, “Come here.”

Mark 3:4 ESV

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.

Mark 3:5–6 ESV

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

Because Jesus is the Sabbath centerpiece, you must do the good thing too.

What would you want done for you?

The Sabbath is about enjoying Jesus.

Jesus is the sacrifice so that you and I can receive mercy.