

Sermon Summary & Notes: “The Way of Jesus: Lord of the Sabbath – Rest in Jesus”
Guest Speaker: Mercy Hotchkin Text: Mark 2:23–28 (with Mark 3:1–6 and Matthew 11:28–12:8) Bay Point Church – Sunday Service

Main Idea

The Sabbath was never primarily about a day, a set of rules, or time off. It was a gift and a sign pointing to Jesus. True rest is found in Him—the Lord of the Sabbath—especially when life and ministry become demanding.

Scripture Flow

- Jesus and the disciples walk through the grain fields on the Sabbath. The disciples pluck heads of grain. The Pharisees object.
- Jesus answers by pointing to David eating the consecrated bread when he and his men were hungry (1 Samuel 21).
- Key declaration: **“The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath.”** (Mark 2:27–28)
- Immediately afterward, Jesus heals a man with a withered hand in the synagogue on the Sabbath (Mark 3:1–6). The Pharisees plot against Him.

Matthew’s parallel account places the famous invitation right before this story: **“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you... and you will find rest for your souls. For my yoke is easy, and my burden is light.”** (Matthew 11:28–30)

Context & Background (Helpful for Understanding)

- The original Sabbath command was a **gift and a sign of the covenant** (like the rainbow for Noah or circumcision for Abraham). It was given for man’s benefit.
- By Jesus’ day the religious leaders had multiplied the 39 core Sabbath regulations into hundreds of additional rules—some of them almost comical (how one may or may not carry an object, false teeth, etc.).
- Jesus is not discarding the Sabbath; He is reclaiming its true purpose and revealing that He Himself is the fulfillment of what the Sabbath always pointed toward.

Key Points from the Message

1. **The Pharisees were looking for a reason to be offended.** When someone is determined to find fault, they will find it—even if the activity is not actually forbidden in the Law and even when the action (healing) preserves life.
2. **Jesus claims authority the Pharisees do not have.** By calling Himself “Lord of the Sabbath,” He places Himself in the position of the One who defines and fulfills the Sabbath.
3. **True rest is relational, not merely temporal.** Rest is not ultimately found in a vacation, a Sunday nap, a night off from kids, or a break from work. Those things can be good

gifts, but they are not the source. Rest is found by coming to Jesus, sitting under His teaching (“yoke”), and living from His presence.

4. **The timing is intentional.** Jesus teaches about rest right before the intensity of His ministry ramps up. The disciples (and we) need to know how to run from a place of rest.
5. **Application for the church and for individuals**
 - Society defines rest one way; Jesus defines it another.
 - God’s people are called to live at rest even in the middle of storms, busyness, and pressure.
 - The priority of the church must remain: *be with Jesus*. Time spent at His feet is not wasted; it is the work that fuels everything else.
 - Every day can be lived as Sabbath rest because Jesus is our Sabbath.

Closing Challenge

Whatever God is preparing for Bay Point Church or for each person individually, the ability to “run” will depend on knowing how to rest—and rest is found only in Jesus.

Invitation / Prayer Focus Come to Jesus as your rest. Bring worries, anxiety, weariness, and the weight of calling to Him. Let Him be the Lord of your Sabbath.