

The Way of Jesus: Trusting in Christ for Your Rest

Mercy Hotchkin · Sunday, August 2, 2026

Scripture: Mark 2:23-3:6

Summary

True Sabbath rest is not found in a day off, vacation, or religious rule but in coming to Jesus Christ - the Lord of the Sabbath - who fulfills the covenant promise and gives rest to weary souls.

Overview

Guest speaker Mercy Hotchkin continues Bay Point's Mark series in Mark 2:23-3:6: grain fields, Pharisees policing Sabbath rules, and the healing of the man with the withered hand. Sabbath was God's covenant gift (like rainbow, circumcision, Spirit) - made for man, not man for the Sabbath - yet by Jesus' day hundreds of added rules had buried the gift. Reading Matthew 11-12 beside Mark, she shows Jesus teaching "Come to me... and I will give you rest" right before the grain-field scene: as Lord of the Sabbath He is the sign the covenant pointed to. Rest is not a nap, vacation, or day off but coming to Jesus; society lies about rest, but soul-rest in Him fuels the calling ahead.

Key points

- Sabbath was the covenant sign of the law - a gift, not a burden (made for man)
- Pharisees piled on hundreds of extra rules until the gift became a trap
- They policed grain-picking and healing, seeking offense rather than life
- Jesus heals the withered hand: restoring ability to work is saving life
- As Lord of the Sabbath He claims authority the Pharisees do not hold
- Matthew 11-12: "Come to me... rest" then the grain fields - He is Sabbath rest
- Every day is Sabbath when you rest in Christ; sit at His feet to run the race

Memorable lines

- "The Sabbath was made for man, not man for the Sabbath."
- "Come to me all who are weary and heavy laden and I will give you rest."
- "It was always meant to be about coming to Jesus."
- "If you are looking for a reason to be offended with Jesus, you will find one."
- "Sitting quietly at the feet of Jesus is the most work you will ever do."
- "Every day is your Sabbath day because every day you are to be at rest in me."
- "If you want to be able to run, you need to know rest - and rest is Jesus."

Takeaway

This week, stop letting society define rest. Come to Jesus as Lord of the Sabbath: sit in His presence, let worries and anxieties settle, and face whatever He asks from a place of soul-rest.

Source: Bay Point Church livestream / YouTube (auto captions)
<https://youtube.com/live/Plf4QpLIFnM>