

## **Why God Developed The Sabbath For You?**

### **Mark 2:23-28**

#### **What Does The Bible Say?**

23 One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat.

24 But the Pharisees said to Jesus, “Look, why are they breaking the law by harvesting grain on the Sabbath?” (Mark 2:23–24 NLT)

#### **Do not become a slave to man-made rules.**

25 Jesus said to them, “Haven’t you ever read in the Scriptures what David did when he and his companions were hungry?

26 He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions.”

27 Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. (Mark 2:25–27 NLT)

46 “Yes,” said Jesus, “what sorrow also awaits you experts in religious law! For you crush people with unbearable religious demands, and you never lift a finger to ease the burden. (Luke 11:46 NLT)

**The day of rest is to be a blessing, not a burden.**

28 So the Son of Man is Lord, even over the Sabbath!” (Mark 2:28 NLT)

**Jesus is telling the Pharisees, the Sabbath is not yours to make rules, it was always mine.**

**How Can You Obey?**

**Do we need to keep the Sabbath?**

9 So there is a special rest still waiting for the people of God.

10 For all who have entered into God's rest have rested from their labors, just as God did after creating the world. (Hebrews 4:9–10 NLT)

16 So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths. 17 For these rules are only shadows of the reality yet to come. And Christ himself is that reality. (Colossians 2:16–17 NLT)

**Take a day each week to refresh yourself as you prepare for the following week as an ambassador for Christ.**

## **Additional Notes:**

If you want to use your home to disciple others, check out our training at [www.crosswaveschurch.com/host](http://www.crosswaveschurch.com/host). Cross Waves has produced short videos to train you to use your home to reach others for Christ. So please check it out.

## **Explore:**

Christianity is about more than attending church and living a good moral life. Being a Christian is about having a vibrant personal relationship with Jesus Christ. Every Sunday School teacher or Bible study leader should want to see each learner enter into this relationship—their eternal destiny depends on it.

As you work toward this goal, keep the following in mind:

Following Christ is more than a mere decision; it is about a lifelong relationship. Jesus called us to make disciples, not mere

decision-makers. Aim for long-term faith, not momentary emotion.

Salvation is a matter of grace, not works. Our works do not save us (Ephesians 2:8-9), nor do they keep us (Galatians 3:2-6).

Good works are a product of salvation, not a prerequisite to it.

Don't confuse sanctification with salvation. Holiness follows salvation; it doesn't precede it. Don't try to impose "Christian" expectations on men and women who don't know Christ.

- Keep it simple. Being born again is not complicated. Here's a simple way to explain it:

- Acknowledge your sinfulness and need for a Savior (Romans 3:10, 23).

- Trust in Christ's sacrifice for your sins and His resurrection (Romans 10:9-10).

Surrender your life to God's transforming power (Romans 12:1-2).

Remember that your job is to tell the truth in a way others can understand, answer their questions, and allow them to respond.

If you do that faithfully, some will respond and join the band of Christ- followers. When they do, Heaven will rejoice!

### **Question 1 of 4**

How should a Christian treat the fourth commandment: Honor the Sabbath? Are there principles that still apply in the new covenant?

### **Question 2 of 4**

What rules do you find yourself using to judge the spirituality of yourself and others?

### **Question 3 of 4**

What is the value of “building a wall around the law” to make sure we don’t violate it? How do we avoid turning this into legalism?

### **Question 4 of 4**

One question Jesus addressed here is, Who makes the rules? How do we make sure we are teaching what the Bible says rather than adding to it and making our own rules?