THE GOSPEL OF MARK

COME, FOLLOW ME / JOURNEY GUIDE 06

Lord of the Sabbath



MARK 2:23–3:6 • SUNDAY, NOVEMBER 15, 2026

Jesus reveals the goodness of Sabbath, restores a man's hand, and declares his lordship. Following him means receiving God's instruction and loving purposes under his authority, even when we feel certain we are right.

READ THE PASSAGE FIRST Read Mark 2:23–3:6 twice. Follow both Sabbath encounters. Notice the objections, Jesus' questions and actions, and the responses to him. Use this guide alone or with a group.

01 NOTICE

What does Mark actually show us? • Observe and compare

In Mark 2:23–28, what do the disciples do, and what is the objection? Why does Jesus bring David's need into the conversation? What does he say about Sabbath's purpose and his own authority?

In Mark 3:1–6, trace Jesus' actions and emotions. What do the people watching him do? Compare the man's restoration with the decision in verse 6. What contrast does Mark create?

02 LISTEN

What is the passage revealing? • Interpret and evaluate

GOD'S GOOD INSTRUCTION Read Exodus 20:8–11 and Deuteronomy 5:12–15. What reasons does God give for Sabbath? Who receives its rest? How do these commands help you understand Jesus' words in Mark 2:27?

THE LOVING LORD Read Mark 2:28 and 3:4–5 together. How does the healing reveal the character of the Lord of the Sabbath? How does his authority challenge both rigid rule-keeping and our own ideas about what love requires?

Look for ourselves in the resistance. When I am convinced I am doing the right thing, am I willing for Jesus to correct my understanding, motives, or actions?

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Living Under His Lordship



NOTICE / LISTEN / RESPOND

03 RESPOND

How might grace reshape your life? • Apply and discern

Choose one area of life—your schedule, a relationship, work, money, or service—and bring it before Jesus.

NAME IT What am I holding tightly—even something good? What currently has the final say here?

SUBMIT IT What does Jesus' teaching reveal? Where might I be resisting his correction?

ACT What specific change will express trust and obedience this week?

Yielding lets Jesus determine something's place, purpose, and practice. A good thing may need reordering. What do you fear losing? What in this passage invites trust?

GO DEEPER

Read Mark 10:42–45 and Luke 6:46–49. How does Jesus exercise authority? What connects calling him Lord with putting his words into practice?

Where have I welcomed Jesus' help while reserving the final decision for myself?

IN COMMUNITY

Choose two or three questions. Listen carefully, and leave time to pray.

1. When has correction helped you grow? What made it difficult to receive? How does that illuminate the resistance Jesus encounters?

2. A devoted volunteer says, "I cannot stop; everyone needs me." How could you help them bring their service, motives, and rest under Christ's authority?

3. Someone says, "Jesus wants this because it feels loving." How would you help them test that conviction through Scripture, prayer, and Christian counsel?

THIS WEEK

One area under Christ's lordship. Pray over your chosen area each morning. Take your step of obedience. Each evening, notice trust and resistance; ask for grace to follow again tomorrow.

My next step: _____ When I will take it: _____

Lord Jesus, help me trust your goodness and authority over what I hold tightly. Shape my obedience and my love. Give me grace to follow you. Amen.