

He entered again into a synagogue; and a man was there whose hand was withered.

Mark 3:1

They were watching Him to see if He would heal him on the Sabbath, so that they might accuse Him.

Mark 3:2

He said to the man with the withered hand, "Get up and come forward!" Mark 3:3

And He said to them, "Is it lawful to do good or to do harm on the Sabbath, to save a life or to kill?" But they kept silent. Mark 3:4

After looking around at them with anger, grieved at their hardness of heart, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored. Mark 3:5

The Pharisees went out and immediately began conspiring with the Herodians against Him, as to how they might destroy Him. Mark 3:6

Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath. So the Son of Man is Lord even of the Sabbath." Mark 2:27-28

Why is the Sabbath day such an important day for the followers of Jesus?

Sabbath day is a day that God blessed.

And that one day would come that would be a blessing to all mankind.

Sabbath day is a day of sanctification.

This principle is enshrined in the Fourth Commandment: "Remember the Sabbath day, to keep it holy.

Sabbath day is a day of rest.

The Hebrew word shabbath, means rest. Resting in Him.

Similarly, God wants us to be refreshed, to recuperate on that day from our labors.

Sabbath day is a day of remembering the covenant between God and His people.

It is the only one of the Ten Commandments singled out this way as a sign or a marker.

Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever."

Exodus 31:16-17

Sabbath day is a day of redemption.

Sabbath day is a day of worship, fellowship and receiving instruction.

Sabbath day is a day of focusing on what is to come in the future.

And it happened that He was passing through the grainfields on the Sabbath, and His disciples began to make their way along while picking the heads of grain. Mark 2:23

The Pharisees were saying to Him, "Look, why are they doing what is not lawful on the Sabbath?"
Mark 2:24

By picking the grain of wheat and rubbing the shucks together they were breaking the law.

And He said to them, "Have you never read what David did when he was in need and he and his companions became hungry; Mark 2:25

How he entered the house of God in the time of Abiathar the high priest, and ate the consecrated bread, which is not lawful for anyone to eat except the priests, and he also gave it to those who were with him?"
Mark 2:26