

23 One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. 24 And the Pharisees were saying to him, "Look, why are they doing what is not lawful on the Sabbath?" 25 And he said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him: 26 how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?" 27 And he said to them, "The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is lord even of the Sabbath." Mark 2:23-28 ESV

"One Sabbath... A day set aside to not work (under the Law). This context is key. "Have you never read what David did..." They would have known this. Likely an insult. "The Sabbath was made for man, not man for the Sabbath." Jesus restores its purpose.

P: We are made right before God by having a Relationship with Christ, not by keeping the Rules.

What is my 'rightness before God' based upon (relationship or rules)? Am I right before God?

"...lord even of the Sabbath." Jesus has authority because it was His idea.

"Again he entered the synagogue, and a man was there with a withered hand. 2 And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. 3 And he said to the man with the withered hand, "Come here." 4 And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent. 5 And he looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. 6 The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him." Mark 3:1-6 ESV

"watched...accuse him" They were looking for an opportunity to attack Jesus.
"Is it lawful..." Jesus asked them a question that made this a moral dilemma.
"Pharisees" Professional religious people in Jesus' day. Enemies of Jesus.
"Herodians" Political zealots devoted to the line of Herod as ruler.

P: Jesus is Lord over all of life!

Truths About Being 'Lord' :

1. Lordship can be best understood as _____.
 - a. Over-arching sense "Who's in charge of my life?"
 - b. Moment by moment sense "Who is in charge of this moment?"
2. This *is* Ultimate Reality whether we acknowledge it or not (Phil. 2:9-11, Rom. 8:29-30).

Action Steps Toward Making Jesus 'Lord' :

1. Turn from your old life where you were in charge and begin to follow Jesus.
2. Take an honest assessment of where you are:
 - a. Where is Jesus the leader of your life (money, body, work, family, friends, parenting, etc.)? Where is He not?
3. Pray toward it. (*God wants it to happen more than you do. He will answer this prayer!*)
4. Take the specific steps necessary to make this a reality in these areas.

- a. Personal Devotion/Habit: Do I know how to apply the Scriptures and the Gospel and depend upon the spirit?
 - b. Moment by moment: **"God, what do you want me to do here?"**
5. Gather others around you who are pursuing the same goal.
Community Groups. Mentoring Groups. Seeker Groups.

P: The Sabbath is a Good Thing.

What is the Sabbath?

Its Origin: Gen. 1-2. God 'rested' after He finished Creating.
The Sabbath then: Part of the Law (the old way of relating to God). Good thing.
The Sabbath now: A beneficial principle we should practice regularly.

Benefits of Practicing Sabbath:

1. Provides much needed rest for our bodies, minds, souls—restoration/renewal
2. Brings clarity to our thinking, feeling and relating to God people, work, etc.
3. Helps establish a sustainable rhythm for our lives.
4. Helps cultivate trust in God.
5. Forces us to deal with our deeper issues.

Action Steps Toward Practicing Sabbath:

1. Pray for it. (*For most of us, this will require a move of the Spirit.*)
2. Plan for it. (*Failing to plan is planning to fail.*)
 - a. Day off. Part of the day off. Hour off. Part of the hour off.
3. Fight for it (*Do what you can with what you have. God meets us there.*)
 - a. Anticipate the pushback (culture, job, heart issues, physiology).
 - b. Let others know when your Sabbath is.
 - c. Turn off your technology! Don't answer the phone/check Email, etc.
4. Have others hold you accountable in it.
5. Consider the alternative.

**Am I seeking to make Jesus 'Lord' in my life?
Is there any 'Sabbath' active in my life?**

Bible Bites for Teaching Your Children at Home:

1. We should ask Jesus to become the Leader of our lives. (Age-appropriate.)
2. We should ask Jesus what He wants us to do before we make any decisions.
3. It isn't good to work *all* the time. We need to take time to rest and have fun.

Visit www.crossinglouisville.com for more helpful resources, including study guides on Mark.

Works Consulted : Expositor's Bible Commentary, NIV Application Commentary, Life Application Bible, MacArthur Study Bible, Jesus: God's Servant by Massimo Lorenzini, Messages by Steve Hart, John Burke, Louie Giglio