



Matthew 11:28

Come to me, all who labor and are heavy laden, and I will give you rest.

“The Lord of the Sabbath” – Mark 2:23-3:6

Read Genesis 2:1-3; Exodus 20:8-11; Deuteronomy 5:12-15.

- What do these Scriptures reveal about God’s design and purpose for the Sabbath?
- God’s command for weekly Sabbath rest means so much more than just a day-off from work. What does it mean to rest as God rested from His work of creation?

Read Mark 2:23-3:6.

- Pastor Steve described several extra Sabbath regulations created by the Pharisees that went beyond what God commanded in the Scriptures. Can you remember them?
- Read **Mark 3:2**. What does this reveal to you about the hearts of the Pharisees?
- In **Mark 8:15**, Jesus warned His disciples to *beware of the yeast of the Pharisees and of Herod*. What is the danger of allowing even a speck of self-righteousness to grow in our hearts and in the life of our church? What is the danger of allowing the opposite [unrighteousness]?
- How does the finished work of Jesus Christ transform our understanding and observance of Sabbath?
- What did Jesus mean when He told the Pharisees *“The Sabbath was made for man, not man for the Sabbath”*?

The Pharisees missed Jesus because they saw the day of Sabbath as all about their self-righteous work in keeping rules.

- How can you move away from the mindset of Sabbath as a set of rules to keep and move toward one of worship and celebration of what Jesus Christ has done?
- What difference will that make in your life? In the life of the church?