

SABBATH REST
MARK 2:23-3:6 (ESV)

1. THE BASIS FOR THE SABBATH

Genesis 2:2-3

And on the seventh day God finished His work that He had done, and He rested on the seventh day from all His work that He had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all His work that He had done in creation.

Exodus 20:8

“Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.

SABBATH: A POSITIVE COMMAND, GIVEN BY GOD, TO REST FOR OUR BENEFIT AND BLESSING

THREE APPROACHES TO HOW TO HONOR THE SABBATH:

A. LEGALISM = FAITH IN MY WORKS

B. LICENSE = FAITH WITHOUT WORKS

C. LIBERTY = GRACE THROUGH FAITH UNTO GOOD WORKS

2. THE BURDEN OF LEGALISM

TWO CHARACTERISTICS OF LEGALISTS:

A. LEGALISTS TURN BLESSINGS INTO BURDENS

Mark 2:23-28 (ESV)

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.”



B. LEGALISTS VALUE THEIR OWN LAWS OVER LOVE

Mark 3:1-6 (ESV)

3 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.

3. THE BLESSING OF GODLY REST – THREE ELEMENTS

1. REMEMBRANCE

2. RELATIONSHIP

3. REST

Matthew 11:28-30

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy, and My burden is light."
