

THE GOSPEL ACCORDING TO

MARK

***Hope For Rest***

# **Exodus 20:8-11**

***<sup>8</sup> "Remember the Sabbath day by keeping it holy.  
<sup>9</sup> Six days you shall labor and do all your work,  
<sup>10</sup> but the seventh day is a sabbath to the LORD  
your God. On it you shall not do any work,  
neither you, nor your son or daughter, nor your  
male or female servant, nor your animals, nor any  
foreigner residing in your towns.***

# **Exodus 20:8-11**

***11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.***

# **Mark 2:23-28**

***23 One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. 24 The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"***

***25 He answered, "Have you never read what David did when he and his companions were hungry and in need?"***

# **Mark 2:23-28**

***26 In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions."***

***27 Then 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."***

**The Sabbath was created out  
of love not burden.**

# Mark 3:1-6

*Another time Jesus went into the synagogue, and a man with a shriveled hand was there.*

*<sup>2</sup> Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath.*

*<sup>3</sup> Jesus said to the man with the shriveled hand, "Stand up in front of everyone."*

***Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent.***

***<sup>5</sup> He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored. <sup>6</sup> Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.***



***“Jesus did not use any visible means that might be construed as “work” on the Sabbath. As Lord of the Sabbath (Mark 2:28) Jesus freed it from legal encumbrances, and in grace delivered this man from his distress.”***

**- The Bible Knowledge Commentary**

**How are you incorporating rest into your daily routine, your weekly routine?**

**What are you not willing to compromise on when the switch gets flipped?**