

**The Sabbath Rest**  
**Lesson #12**  
**Mark 2:23-28**  
**8-24-25**

**I. The Pharisees were concerned about work on the Sabbath.**

**A. Jesus and his disciples collected some grain on the Sabbath.**

**\*\*Mark 2:23** *"One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain."*

**Genesis 2:2** *"By the seventh day God had finished the work He had been doing; so, on the seventh day He rested from all His work."*

**Exodus 16:23** *"He said to them, 'This is what the LORD commanded: 'Tomorrow is to be a day of rest, a holy Sabbath to the LORD. So, bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'"*

**Exodus 20:8** *"Remember the Sabbath day by keeping it holy."*

**B. Jesus and his disciples were criticized for breaking the Sabbath.**

**\*\*Mark 2:24** *"The Pharisees said to him, 'Look, why are they doing what is unlawful on the Sabbath?'"*

**Mark 2:23b** *"... they began to pick some heads of grain."*

**Matthew 12:1** *"At that time Jesus went through the grainfields on the Sabbath, His disciples were hungry and began to pick some heads of grain and eat them."*

**Deuteronomy 23:24** *"If you enter your neighbor's vineyard, you may eat all the grapes you want, but do not put any in your basket. <sup>[25]</sup> If you enter your neighbor's grainfield, you may pick kernels with your hands, but you must not put a sickle to his standing grain."*

**Luke 6:1** *"... His disciples began to pick some heads of grain, rub them in their hands and eat the kernels."*

**\*\*Mark 2:24** “The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”

## **II. The Pharisees were corrected by Jesus regarding the Sabbath.**

### **A. Jesus called their attention the past activity of David.**

**Mark 2:25** “He answered, “Have you never read what David did when he and his companions were hungry and in need?”

**Mark 2:26** “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.”

### **B. Jesus commented on the activity of the Priests.**

**Matthew 12:5** “Or haven’t you read in the Law that on the Sabbath the priests in the temple desecrate the day and yet are innocent. <sup>[6]</sup> I tell you that One greater than the temple is here.”

### **C. Jesus created the Sabbath for people.**

**Mark 2:27** “Then He said to them, “The Sabbath was made for man, NOT man for the Sabbath.”

### **D. Jesus is in charge of the Sabbath.**

**Mark 2:28** “So the Son of Man is Lord even of the Sabbath.”

## **How can we apply this passage to our life?**

### **A. We are not required to observe the Sabbath.**

**Colossians 2:16** “Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration, or Sabbath day. <sup>[17]</sup> These are a shadow; the reality, however, is found in Christ.”

### **B. We should take time to rest so we can be renewed.**

**Mark 6:31** “Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, “Come with me by yourselves to a quiet place and get some rest.”

### **C. Come to Jesus and He will give you spiritual rest.**

**Matthew 11:28** “Come to me, all you who are weary and burdened, and I will give you rest.”

**Acts 10:43** “All the prophets testify about Him that everyone who believes in Him receives forgiveness of sins through His name.”