MESSAGE NOTES **11.08.26**
MESSAGE SERIES: THE GOSPEL OF MARK
WEEK 14: MARK 2:23-28 → "EMBRACE SABBATH"

MARK'S _____ STATEMENT:

"This is the Good News about Jesus the Messiah, the Son of God." MARK 1:1, NLT

WHO IS JESUS? _____

✞ _____ single most important question of your life

✞ Your answer and God's grace determine the trajectory and the destination of your _____

In today's text, here's what we're going to discover:

- Jesus places greater emphasis on human _____ than on strict sabbath _____

V. 23. "One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat."

V. 24. "But the Pharisees said to Jesus, 'Look, why are they breaking the law by harvesting grain on the Sabbath?'"

WHAT IS SABBATH?

- From the Hebrew word that is used for "resting" is **shavat** (שָׁבַת, H7673), meaning "to cease"
- The "whole" of the biblical story emphasizes the _____ of the Sabbath rather than specific _____ for observing it
- God's purpose in instituting the Sabbath was to _____ us

  To _____ To _____
- Sabbath keeping became a _____

  By _____ By _____

Vv. 25-26. "Jesus said to them, 'Haven't you ever read in the Scriptures what David did when he and his companions were hungry? He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions.'"

- The Sabbath was set up to _____ human beings
- Human beings were not created to _____ the Sabbath

V. 27. "Then Jesus said to them, 'The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.'"

- Jesus is by no means giving _____ for people to do whatever they pleased on the Sabbath day

BECAUSE OF JESUS, SABBATH IS

1 – Not a _____ we are bound to

2 – A _____ we're invited to enjoy

V. 28. "'So the Son of Man is Lord, even over the Sabbath!'"

- Jesus' _____ Claim

THE SABBATH – HOW SHOULD WE VIEW THE SABBATH TODAY

1 – Given to _____ God's people

2 – A _____ of God's provision and holiness

3 – Not about legalistic _____

4 – A divine _____ intended for our benefit

5 – A divine _____ to rest and spiritual rejuvenation

6 – A _____ of Heaven

OUR INVITATION…

EMBRACE SABBATH!