
Mark 2:28 So the Son of Man is Lord even of the Sabbath."

— *Hebrews 4:1 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.* —

Hebrews 4:9 There remains, then, a Sabbath-rest for the people of God;
¹⁰ *for anyone who enters God's rest also rests from his own work, just as God did from his.* —
¹¹ *Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.*

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest.
— ²⁹ *Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.* —
³⁰ *For my yoke is easy and my burden is light."*

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Rest or Religion?

Gospel of Mark- part 4

November 19, 2017

— **Religion? Or something else?** —

What is "religion?"

What are some of the downsides of "religion?"

— *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.* —
²⁴ *The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"*

The fourth commandment

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

*Exodus 20:9 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, neither you, nor your son
or daughter, nor your manservant or maidservant, nor
■ your animals, nor the alien within your gates. ■*

*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.*

■ ■

*Exodus 20:11b ...Therefore the LORD blessed the Sabbath
day and made it holy.*

■ ■

“Religion vs. the way of Jesus

■ ■

Understanding the intent of the Sabbath day

*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."*

■ ■

God's gift or your obligation?

*Mark 2:27 Then he said to them, "The Sabbath was made
for man, not man for the Sabbath.*

Mark 2:28 So the Son of Man is Lord even of the Sabbath."

■ ■

The Sabbath's rest for the heart

*Mark 2:27 Then he said to them, "The Sabbath was made
for man, not man for the Sabbath.*
