

FREEDOM AND REST (Mark 2:23-3:6)
May 19, 2024

TEXT—Mark 2:23-3:6

MAIN IDEA—True freedom and rest only come by trusting in the grace of Christ to be right with God, not our human efforts.

A SABBATH QUESTION IS RAISED (Mark 2:23-28)—The Scribes and Pharisees turned what was meant to be a day of worship and refreshment in God into a day of crippling rules and restrictions that only burdened men and promoted the pride of the Pharisees. They asked Jesus, Why His disciples were doing what isn't lawful on the Sabbath? Yet Jesus openly defied their man-made traditions to show the nature of true freedom and rest through Him alone.

Gen. 2:2-3; Ex. 20:8-11; Mk. 12:28-31

*The Law of Moses prohibited work on the Sabbath but didn't give many specifics. Ex-It was wrong to make a fire to cook (**Ex. 35:3**), gather fuel (**Num. 15:32**), carry burdens (**Jer. 17:21**), or transact business (**Neh. 10:31; 13:15**) on the Sabbath. Yet Jewish rabbinic traditions piled on regulations. The Talmud contained 24 chapters of Sabbath regulations (not in the Bible)!

Duet. 23:25

Jesus used the example of David's need being met through the priest feeding him and his men to illustrate special provisions that bless men even on the Sabbath (**1 Sam. 21:1-6**).

V27-The Sabbath was given to be a blessing and benefit to man by giving him a day of rest from work in order to worship, be built up, refreshed, and encouraged.

John MacArthur—*It is important to understand that observing the Sabbath is not required of believers in the church age (Col. 2:16; Rom. 14:5-6; Gal. 4:9-10). The early church set aside Sunday, the first day of the week, as the day on which it gathered for worship, instruction, and fellowship (Acts. 20:7; 1 Cor. 16:2). However, it is not accurate to equate the 'Lord's Day' (Sunday) with the OT Sabbath, since the NT abrogates the Sabbath completely. Still this instruction by our Lord regarding that day (in Mk. 2:23-28) contains rich Christological truths for the church.*

Heb. 4:9-10, 14-16; Matt. 11:28-30

A SABBATH HEALING TAKES PLACE (Mark 3:1-6)—The religious leaders were watching Jesus to see if He would heal the man, not to bless and restore him, but so that they could condemn Jesus for violating the Sabbath. Here, we see the compassion of Christ in contrast with the evil hearts of the religious leaders.

Jn. 3:17-18

Rom. 15:5-7; Heb. 10:24-25

***V3**-Jesus exposed the Pharisees' wicked hearts by ministering to the man's need. He had the man stand in front of everyone so that His point was obvious.

***V4**-The LORD'S question forced them to analyze whether or not their Sabbath traditions were consistent with God's OT law.

***V5**-Jesus was angered at their hard hearts (stubborn resistance to the purpose of God, the opposite of humility and teachable-ness required by God).

Jas. 4:6

Is. 53:10