

Sabbath Rest Comes from Jesus – As a Gift!

- Phars are wtchng J like hawk, not bec what does, but when does it. It's Sab day! No wrk is allowed! You heard law: **“Obsrv Sab day by keeping it holy, as Lord your God has cmndd you. 6 days you shall labor & do all your wrk, but the 7th day is a Sab to Lord your God. On it you shall not do any wrk” (Dt 5:12-14).** 3rd Com! Sab: Heb word that means rest. Sab day was to be day/rest: physcl rest fr labor, and sprtl rest, a time to hear Wrđ/Lord and grow/faith. God wants his ppl have rest.
- But on one Sab day, w/Phars wtchng him like hawk, J & discs walking by grainfield; little hungry; so pick some heads grain, rub btwn fngrs, blow away chaff, & eat kernels as snack. They're not brkng law! Even psg in Dt, spcfcly: **“If you enter your nghbr's grainfield, you may pick kernels w/your hand, but you must not put a sickle to their standing grain” (23:25)**, which means: can't steal armfuls, but can pick few kernels. That's what J & discs doing; perfly fine. And on anthr Sab day, J, compssnt Son of God, miraculously heals man's crippled hand as beautiful gift/grace.
- But Phars have big, big prob w/this, not bec what did, but when did it. **Vs. 24; 2.** What need know re Phars: really big into their Sab rules. What does “no wrk” mean? How intrprt; what qualfs as wrk? Phars thght lot re that & came up w/long list of their own Sab rules – things they said ppl shld not do on Sab. Called rabbinic (fr rabbis) trdtn. Acc to rabbinic trdtn: picking grain w/fingers = harvstng = wrk = wrk on Sab wrong. “So, J, what kind/rabbi are you!? You: brkng rabbinic trdtn, working on Sab! How dare!”
- Today, what God wants all us undrstnd, that Phars did not undrstnd: SRCJG. Remem how Sab started? At creation, when God created wrld in 6 days, rested 7th. Do you really think Lord needed the rest, as if Almighty God got tuckered out fr all hard wrk? No: God purposely estblshd Sab & rested on 7th day as pattern for his ppl to follow, so that we could have rest, bec God knows we need rest. Need rest for hardwrkng body; for strssd-out mind; for hurting soul, when we're really: frustrated by ppl in our lives, or burdnd w/guilt bec what said/did, or saddened by dishrtng situations all arnd us. We all need rest!
- And, I want you think re this (applies to all coms): it's not like God smhow benefits fr our obednc. Take Sab for instance: God said don't work on Sab. Is it to his advntg, does he gain anything, if we obey him? No, doesn't gain a thing! God's coms: always meant to benefit/bless us!
- That's why J: **vs. 27.** SRCJG, to benefit us – not to burden us! Man was not created to be burdened by the Sab but blessed by Sab. That's why J brings up OT story re Dvd running away fr Saul; they eat brd fr tabrncl, which tchnclly only for priests; but this time it was okay bec God's law not meant burden his ppl but benefit/bless them. That's also why J has no prob on Sab day: showing compssn & healing ppl, like man w/crippled hand; or snacking on kernels/grain w/hungry discs. The Sab law: not meant burden his ppl, but benefit/bless them. **Vs. 27.** SRCJG.
- So what all this mean for us today, that SRCJG? How impact lives? Still have 3rd Com (Remem...holy). But also have this psg fr 2nd Rdng, Col 2: **“Do not let anyone judge you by what you eat or drink, or w/regard to a religious fstvl, a New Moon celbrtn, or a Sab day. These: shadow/thngs that were to come; the reality, hwvr, is fnd in Xp” (2:16-17).** Xp: fulfillmnt/Sab. Sab Day pointed ahd to J; tght ppl look frwrd to coming/J & true rest he'd bring. And since J's now come, we find our true Sab rest in him.
- That's why it's okay for us work on Sat, or even Sun. J fulfilled Sab! We're not oblgtđ by God's law to not wrk on this day or only worship on this day. Our Sab rest doesn't come fr any one day/wk; comes fr J! That's why J: **vs. 28.** Also: **“Come to me, all you who are weary/burdnd, and I will give you rest ...rest for your souls” (Mt 11:28-29).** True SRCJG, thru his dth/cross & res/dead, which forgives all our sins, restores our peace w/God, & gives us etnl life hvn. That is the beautiful Gos that gives us true sprtl rest. And that is the real Sab rest that God wants us have, and we do have, right now, by faith in J.
- So now, as NT Xians, when hear God say “Remem...holy,” way we keep that 3rd Com is by setting aside special time in our wk (ev wk) to worship God & hear Word. Could be Sun morn; Mon night; any other time/wk. Think Lutheran Cat, explntn to 3rd Com: “fear/love God, not despise prchnng/Wrđ, but regard as holy, gladly hear/learn.” Most natural way for us hear/learn GW & prchnng: come to ch! When you come ch, hear Scrptrs, listen sermon, take HC, receive Gos, strngthnd in faith, find rest for your soul. SRCJG.

- Obvious prob: we don't always appreciate this gift; instead, often take Sab rest for granted. If we get into dangerous habit of regularly skipping ch bec just don't feel like going; or if we allow other things in life take priority over worshiping God (like: baseball games, sports tournmnts, Sun morn brunch at home w/fam, Mon night practices/games, every wknd camping trips all summer long, whtvr) – that not only breaks 3rd Com and is a sin; that also says to God, “I'm not very intrstd in your sprtl rest; don't really need it right now; I'm good.” And of course, who am I talking to right now: ppl who came to ch! But if we're honest, there's little voice in all us that says, “Not again. Heard all before. Kinda boring. Don't really want go. Rather just stay home.” That's a sin of hrt. And remem what happened in Gos for today: vs. 5. J suffered/died so we could have sprtl rest. So when we say, “Thanks, but no thanks,” that makes J angry & deeply distressed! On other hand, when we treasure Gos and desire to stay close to J & remain well-rested in him, then we gladly hear/learn his Word; we joyfully join our sis/bros in Xp in worshiping J and honoring his Sab.
- J: kept Sab Day holy, always, for us; and forgives us when we despise prchng/Wrd; and continues give us Sab rest, bec loves us. When Phars, those guardians of Sab, got so mad at J for picking kernels/grain and healing man's hand, what they cldn't wrap minds arnd: you don't get Sab rest from rabbinic tradtn; you get it fr J – fr his Gos, grace, love. That is our rest! Nvr take that rest for granted, but thank God for it, regard it as holy, and gladly hear/learn it. Only then will we truly undrstd that SRCJG.

Mark 2:23-3:6

^{2:23}One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. ²⁴The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”

²⁵He answered, “Have you never read what David did when he and his companions were hungry and in need? ²⁶In 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.”

²⁷Then he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸So the Son of Man is Lord even of the Sabbath.”

^{3:1}Another time Jesus went into the synagogue, and a man with a shriveled hand was there. ²Some 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. ³Jesus said to the man with the shriveled hand, “Stand up in front of everyone.”

⁴Then 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.

⁵He 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. ⁶Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.