



Sermon-Based Study Guide
Good Shepherd Presbyterian Church
Mark 2: 23-28 | March 15, 2020

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I. Introduction to this Study

This week we continue our Lenten series 24/6, engaging the topic of Sabbath rest. Last week we thought together about what often keeps us from rest, work. In this study we turn our attention to how we can create a margin in our lives to actually practice Sabbath rest.

II. Connecting with One Another

Looking at the last year, when was a time you felt like you were able to carve out time to rest in God? What were the things you were saying no to, so that you could say yes, to resting in God?

When was a time you planned to rest in God, but something or someone interrupted your plan?

What would your ideal 24-hour Sabbath look like?

III. Study the Text

- a. Mark is a book written by John Mark who is an associate with Peter and was writing to an audience of mostly Gentile Christians, most likely in Rome. With that in mind, read **Mark 2:23-28**.

Where is this story placed in the life of Jesus? How far into his 3 years of ministry was He?

Who is present?

What do you think John Mark was trying to teach the Gentile Christians about Sabbath by using this story?

- b. Let's take a closer look at the Pharisees.

What were the laws they were upholding on the Sabbath? Read **Exodus 20:8-11**.

The Pharisees were also using the Mishnah which is a written collection of the Jewish oral traditions including how to observe the Sabbath. The Pharisees would say that if the disciples did not have food prepared for the Sabbath, then they should go without since it was not lawful to prepare food on the Sabbath.

The Pharisees were trying to uphold God's Law, but what was Jesus' response to them?

- c. Read **1 Samuel 21:1-6**.

What did David do on the Sabbath that was unlawful?

What are the similarities and differences between this incident involving David and Jesus' confrontation with the Pharisees in Mark 2:23-28?

How do you feel that Jesus used this story to illustrate what is lawful on the Sabbath?

- d. Reread **Mark 2:27**.

How does Jesus interpret what David did that was unlawful on the Sabbath?



What is Jesus saying about us, man, in regard to not being made for Sabbath but Sabbath being made for us?

- e. Author, John Mark Comer writes, “The Sabbath was made for man. It was created, designed, by God himself. And it’s “for” us. A gift to enjoy from the Creator to the creation. To gratefully receive.”

What attitude do you have when receiving a gift?

What is your attitude in receiving the gift of Sabbath rest?

- f. Reread, out loud if possible, **Mark 2: 28**, multiple times.

In what ways does Jesus, as Lord of the Sabbath, seem to redefine the meaning of the day?

What would it be like to receive the gift of rest from your Creator for 24 hours since the Son of Man is Lord even on the Sabbath?

IV. Pray

- a. Ask God to reveal how he uniquely made you and remind you of what brings your pleasure and joy,
- b. Pray that God would fill you with compassion when someone’s practice of Sabbath looks different than yours.

V. Digging Deeper

- a. Consider what it means that Jesus is Lord, and how that can transform your daily life.

