

Rest in Jesus Mark 2:23-3:6

The Ten Commandments

- Are the “red light camera” that shows us our law-breaking and our _____ for Jesus.
- Don’t _____ us when we keep them; they only pronounce our guilt when we break them. Romans 3:20, “For by works of the law no human being will be justified in God’s sight, since through the law comes knowledge of sin.”

The BIG Idea ... Jesus is God’s good and loving _____ to our sinfulness.

Fields of Grain On the Sabbath (Mark 2:23-28)

- Jesus’ disciples pluck some heads of grain and pop them into their mouths.
- The Pharisees are interpreting the _____ of the law without acknowledging the _____ of the law. Exodus 35:2-3, “Six days work shall be done, but on the seventh day you shall have a Sabbath of solemn rest, holy to the LORD. Whoever does any work on it shall be put to death. You shall kindle no fire in all your dwelling places on the Sabbath day.”
- You can’t add to the letter of the law without _____ the spirit of the law.
- The Sabbath principle isn’t a limiting thing; it’s a _____ thing.
- The Sabbath isn’t just one of the Ten Commandments; it’s a timeless life principle that dates all the way back to _____, and it isn’t just a law; it’s _____.
- The Sabbath principle is God’s good gift to us because He knows ...
 1. The limits of our _____.
 2. That worship is a _____ for us.
- As the _____ of the Sabbath, Jesus is telling us that it’s about the spirit of the law; not the letter of the law.

A Synagogue On the Sabbath (Mark 3:1-6)

- When a man with a withered hand shows up in this Synagogue on this Sabbath day, we should ask _____.
- The Pharisees are using this man as bait to trap Jesus—to get Jesus to break the Sabbath law.
- An infatuation with laws and rules leads you to _____ ... and stigmatize ... and eventually, _____.
- Can Jesus show mercy to this man and heal him—while honoring the Sabbath? Yes, Jesus can.

Hebrews 11:3, “He [Jesus] is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power.”

- The Law does not prohibit this man from stretching out his hand on the Sabbath ... but the Law cannot enable this man to stretch out his hand on the Sabbath. Only Jesus can do that.

The Takeaways

1. The grace of Jesus enables us to _____ Jesus.
2. The people of Jesus are _____ by the grace of Jesus.
3. Nobody has ever _____ for you as deeply as Jesus. Philippians 4:19, “And my God will supply every need of yours according to his riches in glory in Christ Jesus.” Psalm 23:4, “Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

Matthew 11:28, “Come to me, all who labor and are heavy laden, and I will give you rest.”