

**Friend of Sinners**  
**On the Way: A Journey Through the Gospel of Mark**  
**Gospel of Mark**  
**April 19, 2026**  
**Mark 2:1-22**

**Sermon Points:**

**I. The Foundation: Why We Keep the Sabbath**

- A Non-Negotiable Priority: Sabbath is not merely a suggestion but a commandment and an integral part of a faithful walk with the Lord.
- The Biblical Pattern: Exodus 20:8–11 commands us to keep the seventh day holy, modeling God’s own rest in the creation account (Genesis 2:2–3).
- The Nature of God’s Rest: God does not rest because He is weary (Isaiah 40:28); He rests because the work is finished (*Shavat*). True rest is a testimony that the work is complete.

**II. The Controversy: Jesus as Lord of the Sabbath**

- Grainfields and Rituals (Mark 2:23–28): When the Pharisees accused the disciples of breaking the law, Jesus prioritized human need over rigid tradition, stating, "The Sabbath was made for man, not man for the Sabbath".
- Healing and Hard Hearts (Mark 3:1–6): Jesus openly healed a man with a shriveled hand to demonstrate that it is always lawful to do good and save life on the Sabbath.
- Divine Authority: By claiming the title "Son of Man," Jesus declares He is "Lord even of the Sabbath," rewriting the cultural and theological script of the day.

**III. The Practice: Defiance and Dependence**

- An Act of Defiance: Keeping the Sabbath is a rejection of a world that insists we must never "miss out" or stop working. It is a refusal to live a life based on fear or the need for control.
- An Act of Dependence: Sabbath requires turning over the reins to God, trusting that He is sovereignly at work even when we cease our labor.
- Beyond Physical Rest: While physical recharging is necessary, true *Shabbat* leads to *Shalom*—the restorative peace and wholeness found only in the presence of Jesus.

**IV. Conclusion: Rooted in His Presence**

- A Lifeline for Discipleship: Consistency in the Sabbath builds a pattern that keeps the believer rooted in God’s presence and grace.
- A Posture of Worship: Sabbath should include intentional time for worship, thankfulness, and listening to the Holy Spirit.

- The Call to Grow: We are challenged to move beyond mere physical rest into a deep, child-like reliance on God's strength (Mark 2:17).

