

Unit 1
Peak University Study Guide
FAITH: LIVING IN THE SABBATH
Mark 2:23-3:6

Open with Praise Time: *“Legacy of Service”* - What are some of the ways you experience God’s grace?

The Bottom Line: The grace of God flows like honey through our Sabbath. When we live in the Sabbath, we live in grace. That grace should so transform our hearts that a drive thru faith should be the last thing we would ever accept.

LESSON PLAN



denotes Apply:



Connect: an opportunity for people to immediately interact and connect with each other; icebreaker/attention getters.

Ask: Can you think of a time when doing the right thing created an uproar?

Transition: Jesus makes a marvelous statement. He says, “The Sabbath was made for man, not man for the Sabbath.” Today we will learn the beauty of that statement.

What is the Sabbath? (*Hebrew = sabbat; Greek = sabbaton. It simply meant the 7th day of the Jewish week. It was a day marked by the ceasing of all work and by religious and ceremonial observances.*)

Is the Sabbath now changed to Sunday? (*No! It is still Saturday. So why don’t we observe it? Let’s dive into this lesson today and see what we can learn about the Sabbath as taught by Jesus who upset a lot of Sabbath followers with some of His actions.*)

Read Mark 2:23-27

1. What was the Pharisee’s problem with Jesus’ disciples? Were they legitimate problems?

They were picking heads of grain as they walked through the field on the Sabbath. They point out that Jesus’ disciples are breaking the Sabbath Law. There is to be no work on the Sabbath. Were they really disobeying God’s Law? It is an important point because the Mishna, the oral traditions of the Rabbi’s, listed Sabbath breaking as a crime punishable by stoning. Jesus seems to disregard the Pharisee’s Sabbath traditions. The Pharisee’s criticism was not based on the Written Law of God but on the Oral Law of the Rabbi’s.

2. How does Jesus answer the Pharisee’s criticism?

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Jesus points back to King David, a man of God who along with his men ate the showbread that was only for the priests. (1 Samuel 21:1-6) Notice Jesus says, “Have you not read?” How big of an insult would that have been to the Pharisees? The problem was they knew the Law inside and out but they knew nothing of the INTENT of God’s Law. Only the priests were allowed to eat this Shewbread. First of all they were in need, which superseded ritualistic regulations, and secondly they were under David’s direction to accomplish God’s mission. God approved of David’s actions while on that mission. Since Jesus is the fulfillment of David, His disciples were on a mission from God with Jesus. So, it was a moot point by God’s provision for needs and by the fact that it was against the oral traditions of the Rabbis, not against God’s written law.

 What are some ways we as Christians become legalistic with God’s Word and miss the intent of His truth?

3. When was the Sabbath first established?

Before there was a law given. God blessed the seventh day and made it holy. Genesis 2:1-3. Isn’t that interesting? God made it as a blessing, not a burden or a curse! The Sabbath was something beautiful created by God. After all of creation was complete God entered into a time of rest, a Sabbath.)

4. In what way was the Sabbath made for man?

5. How is Jesus Lord of the Sabbath? (

6. **Read Hebrews 4:1-7.** These words are spoken the Jewish people who had accepted Jesus as Lord. This teaching is an explanation of the role of the Sabbath in the Church age. How long has God been living in the Sabbath?

7. How does the writer say that people enter or reject entering into that Sabbath rest?

By accepting or rejecting the gospel of salvation through Jesus, our Messiah who gives us rest. It is not by works, but it is by grace we are saved. It is the grace of God in Jesus. When we accept Christ, we enter into the Sabbath rest because Jesus did the work of our salvation. There is nothing we can do to earn it.

 So, if the Sabbath was created for man, and Jesus is our Sabbath, our rest, how does that affect the way I live a life of rest and of worship to honor God?

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Interactive Teaching Idea: - What are some of the ways you want to worship God with your life in 2009?

Read Mark 3:1-6

1. Did Jesus back down from a controversial situation? Why or why not?
2. What was Jesus' question to those He knew were trying to set a trap for Him?
3. Why is Jesus angry at these people?

 Do you think Jesus would get mad at what we do as a church that looks good but allows someone to keep hurting? What would be some examples?

4. Even the atrophy of the man's muscles was instantly healed. Do the Pharisees rejoice and praise God? What do they do?

 Jesus has shown us two examples of God's desire for good at all times, even on the Sabbath. What lesson can a Christian learn from these 2 teachings?

 Have someone read Hosea 6:6. How does that apply to what Jesus taught us today?

 **CARING TIME: SHARE AND PRAY**

Share the bottom line: Memory Verse: "For I desire mercy, not sacrifice, and acknowledgement of God rather than burnt offerings." (Hosea 6:6) Break into groups and share how you will offer the mercy of living a Sabbath life of rest. What good could you do in Jesus' name as you live in the Sabbath?

Prayer: Praise God for giving us rest from our works of religion. That Jesus is our Sabbath, our rest before God. It is Jesus, our High Priest, who removes our sins as far as the east is from the west.