



# LOCKINGCASTLECHURCH

Life Group Notes – 27<sup>th</sup> March 2022

**How to unhurry: Sabbath – Mark 2:23-28**

*Please visit the LCC website to listen to the talk or read the transcript if available.*

## **Mark 2:23-28**

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

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

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

## **Comment**

For John Mark Comer’s thoughts on Sabbath see <https://youtu.be/Uyby0tfeSiM>

The word Sabbath comes to us from the Hebrew *Shabbat*. The word literally means “to stop.” The Sabbath is simply a day to stop: stop working, stop wanting, stop worrying, just stop. But Sabbath is more than just a day; it’s a way of being in the world. It’s a spirit of restfulness that comes from abiding, from living in the Father’s loving presence all week long. No wonder the writer of Hebrews, speaking of Sabbath called God’s people to “make every effort to enter that rest.” Notice the irony of that command; we are to work hard to rest well. It requires intentional effort and planning to prepare for a time of rest, to not be thinking ‘this needs doing’ for there is always something to do or to be done. God made it part of the 10 Commandments. We need to be commanded to rest, in fact the law on Sabbath has the longest explanation. The law on Sabbath was to help break the power of Egypt over the lives of the Israelites who were slaves who had no day off under the lash of their oppressors. They needed to have this tyranny broken in their lives, to rest and delight in the freedom and presence of God.

In today’s passage Jesus got in trouble with the Pharisees (who ironically were working policing the Sabbath!) They took issue with how Jesus and his friends were celebrating the day, totally missing the heart of God behind this practice. In a loving rebuke Jesus simply said: The Sabbath was made for man, not man for the Sabbath. In our day though we have lost the blessing of Sabbath rest. Jesus’ example of taking Sabbath rest was walking through cornfields, enjoying good company and eating as they walked. In other words, spending time with friends and family, enjoying and delighting in the moment, not worrying about tomorrow. In the sermon on the mount, after Jesus told his listeners to ‘Seek first the Kingdom of God’ he concluded ‘do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.’ Sabbath rest trusts God for tomorrow and the week ahead.

## **Questions**

1. Do you consciously engage in Sabbath rest each week? How?
2. How does taking a sabbath impact our spiritual lives? Why is sabbath about much more than refusing to work?
3. Why is it important to work from a place of rest, rather than resting from a place of work?
4. Besides attending church, what would it look like for you to dedicate a day to God?
5. In what ways could being too strict on your day-off actually cause problems and stress?
6. What do you find most encouraging about this passage? What do you find most challenging?

*Pls pray for each other to learn to be ‘unhurried’ during Lent*