

## QUESTIONS FOR SPIRITUAL GROWTH

## “LORD OF THE SABBATH, PART 1”

MARK 2:23-28  
FEBRUARY 3, 2019

1. Why did God command His people to observe the Sabbath?
2. How did the Pharisees turn the blessing of the Sabbath into a burden?
3. Is it accurate to equate the “Lord’s Day” (Sunday) with the Old Testament Sabbath? Why or why not? Look at Colossians 2:16; Romans 14:5–6; Galatians 4:9–10.
4. What would you say to a professing Christian who says the Sabbath is Saturday and we still need to observe it?
5. What verses would you share with someone who says we are under God’s grace and not under the Law and therefore going to church is optional and not a priority?
6. What was Jesus claiming when He said He is Lord of the Sabbath? How do you enter into the Lord’s rest?

*“Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”*

Matthew 11:28–30

*“Therefore no one is to act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day - things which are a mere shadow of what is to come; but the substance belongs to Christ.”*

Colossians 2:16-17

*“But now that you have come to know God, or rather to be known by God, how is it that you turn back again to the weak and worthless elemental things, to which you desire to be enslaved all over again? You observe days and months and seasons and years.”*

Galatians 4:9-10

Main point: God’s purpose for the Sabbath day was to give His people a weekly rest, but the Pharisees had turned a divine blessing into a dreaded burden of rule keeping. In Mark 2:23-28, Jesus announces He is Lord of the Sabbath and calls us to enter into His eternal rest.