



Gospel of Mark

The Power of the Sabbath

Mark 2:23 – 3:12

I. Introduction: The Fourth Commandment

A. Exodus 20:8-11

B. The History of the Sabbath:

1. Genesis 2:2: Instituted at _____.
2. Sabbath: Hebrew – to _____ from labor; Greek – to cease, desist.
3. The Sabbath and the Exodus: Deuteronomy 5:14-15
4. The 400 year period between Malachi and the birth of Jesus: *“It was between Ezra and the Christian era that the spirit of Jewish legalism flourished.”* (ISBE)

C. What Day should we observe the Sabbath on?

1. The Jewish observance of the Sabbath was on _____, the seventh day of the week: Exodus 20:9-10.
 - a. This observance was kept during Jesus’ ministry, and by His disciples.
 - b. Many infer from this that the church is in error in observing Sunday as our Sabbath.
2. Should Christians observe the Sabbath on Saturday or Sunday?
 - a. Jesus’ resurrection took place on the _____ day of the week (_____): Matthew 28:1; Mark 16:2; Luke 24:1; John 20:1)
 - b. Jesus, after His resurrection, manifested Himself to His disciples on the _____ day of the week: Matthew 28:9; Luke 24:34; 18-33; John 20:19-23)

- c. The observance of the “_____” (Sunday) was generally observed by the New Testament church (Acts 20:3-7; I Cor. 16:1-2).
- d. The Jerusalem Council did not correct or change this: Acts 15:28-29
- e. Paul taught against legalism with regard to the Sabbath: Colossians 2:16; Galatians 4:9-11

II. Jesus and The Sabbath: *How are we to observe the Sabbath?*

A. Jesus is _____ of the Sabbath: Mark 2:23-28

1. Jesus condemned the religious _____ of men.
2. Jesus calls them to return to God’s _____ for the Sabbath: Verse 27; 25-26

B. Jesus models the true purpose of the Sabbath: Mk 3:1-12

1. The Sabbath is a gift of _____ for man, not God:
 - a. God rested on the seventh day, and set the Sabbath apart for man, to be _____, _____, and _____.
 - b. Mark 2:27; Psalm 127:2; Hebrews 4:9-10
2. The Sabbath is a time to _____ to God, to worship, to enter into His presence, to recount the wonderful works of God: Mark 3:1
 - a. Isaiah 58:13-14
 - b. Revelation 1:10; Acts 20:7
3. The Sabbath is a time to _____ to _____, to extend the saving, healing, restoring hand of the Lord: Mark 3:4-5; Luke 4:16-19; I Corinthians 14:26
4. The Sabbath is a _____ of the Lord: Exodus 31:16; Matthew 5:17