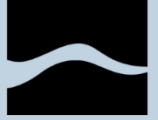


SERMON NOTES

TELL ME ABOUT HIS AUTHORITY OVER THE SABBATH

Mark 2:23-3:6



BIG IDEA: Jesus is the Lord of the Sabbath, and the rest we long for isn't found in rule-keeping but in relationship with him.

APPLICATION GUIDE

MAY 11, 2025

DISCUSS

What's one rule or expectation you remember growing up about Sundays or the Lord's Day—and how did it shape your view of God?

Why were the Pharisees so upset about the disciples plucking grain, and how does Jesus respond to their accusation?

What is significant about Jesus' question in Mark 3:4—"Is it lawful to do good or to do harm on the Sabbath?"

How does Jesus' healing of the man with the withered hand demonstrate both his authority and God's compassion?

APPLY

Are you more prone to find rest in Christ or to strive for God's approval through spiritual performance? Explain.

Is there any area in your life where you've added extra rules or expectations that may be burdening yourself or others?

How might pride be keeping you from receiving the rest, healing, or correction Jesus wants to give?

What area of brokenness in your life do you need to stretch out to Jesus for restoration?

COMMIT

This week, choose one practical way to slow down and intentionally rest in Christ—not as a rule to follow, but as a relationship to enjoy. Maybe that means protecting Sunday as a day of worship and renewal, or setting aside time to pray and reflect on his mercy.

Further Study:

How does Hebrews 4:1–11 deepen our understanding of the rest Christ offers compared to the Old Testament Sabbath?

What do the other Gospels (especially Matthew 12:1–14 and Luke 6:1–11) add to our understanding of these Sabbath controversies and Jesus' response?