

**Good News from Mark**  
**Restored Relationships – Part Two**

Sunday, May 18, 2025

"One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat. <sup>24</sup> But the Pharisees said to Jesus, "Look, why are they breaking the law by harvesting grain on the Sabbath?" <sup>25</sup> Jesus said to them, "Haven't you ever read in the Scriptures what David did when he and his companions were hungry? <sup>26</sup> He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions." <sup>27</sup> Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. <sup>28</sup> So the Son of Man is Lord, even over the Sabbath!"

Mark 2:23–28 (NLT)

**1. What is the \_\_\_\_\_?**

\* \_\_\_\_\_ **Sabbath.**

"So the creation of the heavens and the earth and everything in them was completed. <sup>2</sup> On the seventh day God had finished his work of creation, so he rested from all his work. <sup>3</sup> And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation."

Genesis 2:1–3 (NLT)

\* **Sabbath** \_\_\_\_\_.

"Remember to observe the Sabbath day by keeping it holy. <sup>9</sup> You have six days each week for your ordinary work, <sup>10</sup> but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. <sup>11</sup> For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy."

Exodus 20:8–11 (NLT)

**2. What is the Sabbath \_\_\_\_\_?**

**A. The Sabbath is for my \_\_\_\_\_.**

\_\_\_\_\_

**B. The Sabbath is for the benefit of \_\_\_\_\_.**

"Jesus went into the synagogue again and noticed a man with a deformed hand. <sup>2</sup> Since it was the Sabbath, Jesus' enemies watched him closely. If he healed the man's hand, they planned to accuse him of working on the Sabbath. <sup>3</sup> Jesus said to the man with the deformed hand, "Come and stand in front of everyone." <sup>4</sup> Then he turned to his critics and asked, "Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?" But they wouldn't answer him. <sup>5</sup> He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, "Hold out your hand." So the man held out his hand, and it was restored! <sup>6</sup> At once the Pharisees went away and met with the supporters of Herod to plot how to kill Jesus."

Mark 3:1–6 (NLT)

**3. \_\_\_\_\_ of Sabbath.**

**4. \_\_\_\_\_ is my Sabbath?**

"So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths. <sup>17</sup> For these rules are only shadows of the reality yet to come. And Christ himself is that reality."

Colossians 2:16–17 (NLT)

**A. A \_\_\_\_\_ that suits you. \_\_\_\_\_**

**B. \_\_\_\_\_.** \_\_\_\_\_

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**5. Who should I \_\_\_\_\_ on my Sabbath? \_\_\_\_\_**

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