

Jesus Has Authority Over The Rules Mark 2:23-3:12

Rules are made for us, not us for rules.

Mark 2:27 – *“Jesus said to them, ‘The Sabbath was made for man, and not man for the Sabbath.’”*

- What are the Sabbath and the Law?
 - Exodus 20:11
 - Deuteronomy 5:15
- Jesus’ actions and the Sabbath rules.
- The Spirit of the Law - practicing Sabbath for the right reasons.
 - Use the calendar on the back of this page to establish a time for you to practice Sabbath rest.
- Is there a part of God’s Word that has become a burden to you rather than a gift?

Who is Jesus?

Mark 2:28 – *“So the Son of Man is Lord even of the Sabbath.”*

- Jesus is King - Mark 2:25-26
- Jesus is God - Mark 2:28
- Jesus is famous - Mark 3:7-9
- Jesus is Healer - Mark 3:5, 10-12

Digging Deeper + LifeGroup Discussion:

1. Share a command of God that is difficult for you to follow or has become a burden to you. How can you see that as a gift rather than a duty?
2. Read the two different commands for the Sabbath in Exodus 20 and Deuteronomy 5. How are they different and why do you think they are written that way? Why do you think it is important to practice the Sabbath?
3. How do you practice the Sabbath personally? How would you like to practice the Sabbath in the future?

Response

In the boxes below, write down where you have intentional time for work, church community, family, time off and intentional Sabbath. Break each day into three primary parts - morning, afternoon and evening.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
M o r n i n g							
A f t e r n o o n							
E v e n i n g							

On this sticky note, write down one of God’s commands that has become a burden for you rather than a gift. Then write how it can be thought of as a gift. Pray and surrender that over to the Lord and ask Him to show you how that command is for your good and not just for the sake of obeying a rule. For example, giving. Giving helps me to see how everything belongs to God. Then as you leave today, take the sticky note and put it on the glass windows or doors in the Lobby.

Next Steps:

JOIN US THIS WEDNESDAY: Come grow in your faith on Wednesdays at 7:00 pm through the **Wednesday Pastor’s Study** on Zechariah with vintage worship music in the Chapel, plus amazing ministries for **Nursery to High School**. We also have great, ongoing programs to help you grow in different areas of life such as **Celebrate Recovery** and **Cal Fit**. Learn more at calvarylife.org/wednesday

COME WORSHIP THIS THURSDAY: Experience a time of Spirit-filled, passionate worship through music and a word of encouragement to encounter, engage and embrace the love of Jesus each Thursday from 7:30-8:30 pm in the Underground (lower level of C Building). calvarylife.org/thursday

