

ULC Sermon Study Resource

Rules of Life // Embrace Rest in a Time of Exhaustion

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Prayer: Pause for a few moments to go to the Lord in prayer. Ask that He would draw near to you in this time, and open your heart and mind to hear His Word.

Icebreaker: What takes up the most of your time throughout the week?

Reading: Mark 2:23-28

Outline:

- I. Lord of the Sabbath v. 23-24
 - a. Here the pharisees were trying to follow their own rules and regulations of the temple
 - b. While the laws about honoring the Sabbath were pretty clear, there was still a gray area which the picking of the grain points out
Q: What were the Pharisees trying to accomplish by bringing this up?
- II. The One who Justifies v. 25-26
 - a. Jesus brings up the story about David eating bread meant only for priests to prove the make the point that because it was David who did that it was not unlawful
 - b. Just so, Jesus says he is *at least* as great as David so even if this breaks the rules it doesn't matter because of who is doing it
Q: What is Jesus challenging people to believe in here?
- III. Trust in His Promises v. 27-28
 - a. The sabbath was not made to get in right standing with God, but to encourage and establish a relationship with Him
 - b. A day of rest establishes justification in the presence of God, and in trusting that we're able to not only build our lives around that but also our relationship with Him
Q: How did Jesus change people's understanding of how to be with God?

Reflection/Application Questions:

- 1) In what ways do we also psychoanalyze the nitty gritty details of the laws we seek to follow?
- 2) What path can doing that lead us down?
- 3) How can the weight of our questions be eased by answering to the power of Christ?
- 4) How do we typically view/ treat the sabbath in our weekly lives?
- 5) What can we do to change the bad habits we've created towards our sabbath?

Suggestions for further study:

- Exodus 34:21 **Q: What was the original rule/ standard for the Sabbath?**
- Deuteronomy 23:25 **Q: Why didn't Jesus use this story in defense, instead of David's?**
- Matthew 11:28-30 **Q: How can these words instill peace and comfort in our lives?**

Closing Prayer:

Lord Jesus, you're the lord of the sabbath and rest. Teach us to find our rest in you and not seek to justify ourselves by our performance but rather rest in your finished work. You are enough. We pray this all in your holy name, amen.