

First Baptist Church – Calgary

Week of: June 20, 2010

Message Series: Questions Jesus Asked

#3 – What is lawful to do on the Sabbath?

- *Mark 2:23 – 3:6*

Introduction:

It's common within our society to meet people who have questions about Jesus. After all, Jesus is such an interesting and compelling person within human history. He claimed to be God, performed many miracles, taught with profound wisdom, modeled a life of selflessness & humility, and claims today almost three billion followers. On top of that, his people preach that he rose from the dead and will one day return to judge the earth and wrap up human history. Is it any wonder that so many have questions about him?

It's interesting to note however that Jesus, too, had some questions. And as expected his questions are not trivial in nature but rather profound. They demand careful thought, inward reflection, and always a choice on our part. In fact, they are the sort of questions that we would expect God to ask.

Study Notes:

Personal Study: #3 – Sabbath Rest.

1. What was your childhood home like when it came to Sunday and/or the subject of rest generally?

- What kind of family traditions or rules did you have that involved taking time to rest?

Read Exodus 20:8-11 & Mark 2:23 – 3:6.

2. Why is Sabbath rest so important to God? What point was He trying to communicate to His people?

3. Why are the Pharisees so upset at Jesus, even though they can see the good that he is accomplishing? What's going on inside them?

- Have you ever felt like Jesus? Like the Pharisees?

4. Is God contradicting Himself when Jesus heals people on the Sabbath? If not, how do we explain the concept of *Sabbath Rest*?

5. What is the difference between *rest* that leads to holiness, and *rest* that leads to laziness?

- How about the difference between *rest* that recharges you, and *recreation* that exhausts you?
- What has our culture today forgotten when it comes to *Sabbath Rest*?

6. Ken's message in a sentence was "*It's not that we keep the Sabbath, it's that the Sabbath keeps us*".

- What is it about regular *Sabbath Rest* that "keeps us"?

7. How are you regularly observing *Sabbath Rest*?

- What form does it usually take?
- If you don't take *Sabbath Rest*, will you start?
 - What changes will you have to make?
 - What benefits will you discover?