

## THE LORD OF THE SABBATH

### MATTHEW 12:1-8

The bow cannot be always bent without fear of breaking. Repose is as needful to the mind as sleep to the body... Rest time is not waste time. It is economy to gather fresh strength.

-Charles Spurgeon

## I. The Burden of Religion

## II. The Blessing of Rest

### **Getting to Know You:**

1. Do you ever feel guilty for truly taking a day off from your to-do list? Why or why not?

### **Into the Bible:**

2. In multiple places in the Old Testament God specifically reveals to his people Israel that His true desire from them was not merely the burnt offerings of the sacrificial system under the Law. What does God say He delights in instead?

(Hosea 6:6, Proverbs 21:3, Psalm 51:16-17)

### **Application:**

3. In their zeal to “protect” God’s commandments, the Pharisees had turned God’s provision of the Sabbath into a restrictive, penalty-laden perversion of its original intent. Worse, as Christ later condemns them for, they did not even abide by their own standards (Matthew 23:4). One of the attractions of legalism is that it enables us to judge others without seriously examining ourselves. Paul later has to confront this same attitude in his letter to the Galatian churches. As products of grace, what does Paul indicate we should do to counter this tendency? (Galatians 5:13-14.) How does this tie into Christ’s teaching about the Kingdom of God in Mark 9:35?

### **For Families:**

4. Talk with your children about why God wants us to rest and the reason for Sabbath rest.