



HIT PAUSE
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July 11, 2021

Mark 2:23-28

23 One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat. 24 But the Pharisees said to Jesus, "Look, why are they breaking the law by harvesting grain on the Sabbath?"

25 Jesus said to them, "Haven't you ever read in the Scriptures what David did when he and his companions were hungry? 26 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."

27 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. 28 So the Son of Man is Lord, even over the Sabbath!"

You cannot be in both states at once. So God creates two good things. Work (which is where we spend 6 days) and rest (where we spend one).



1. SO WHAT IS THE SABBATH?

- It's a rhythm of rest.
- The Sabbath symbolizes the rest and rejoicing of finding fulfillment in the kingdom of God.

2. TWO QUICK MISCONCEPTIONS ABOUT THE RHYTHM OF REST.

- Rest is often parodied into a form of relaxation or laziness
- Rest is guilt free – but not self indulgent

3. EMBRACE THE LIMIT

- A day of Sabbath is the gentle reminder that amongst the people of this world we are free.
- The Habits



- Silence
- Solitude
- Care of the Body

Jesus is the truest interpretation of the Sabbath commandment.

DISCUSSION QUESTIONS

- 1) We spoke about Rest breaking from religious traditions. Think back to your childhood, or when you first started coming to church. What are some religious traditions that you've seen change, and what traditions do you still see needing to change?
- 2) Rest is guilt free, but not self indulgent. What are some practices you hope to include to create a rhythm of rest?
- 3) Reread Matthew 12:1-13 as a small group and answer these questions:
 - 1) What's something that speaks to me personally?
 - 2) What's something that says something about the world I live in?
 - 3) What's something that's weird, cool, or confusing?

