



# JESUS IS LORD OF THE SABBATH

MARK 2

On the Sabbath day, Jesus was walking through some grain fields. His followers were with him and picked some grain to eat. The Pharisees saw this and said to Jesus, “Why are your followers doing what is not lawful on the Sabbath?”

Jesus answered, “You have read what David did when he and those with him were hungry and needed food. It was during the time of Abiathar the high priest. David went into God’s house and ate the bread that was made holy for God. The law of Moses says that only priests may eat that bread. But David also gave some of the bread to those who were with him.”

Then Jesus said to the Pharisees, “**The Sabbath day was made to help people. They were not made to be ruled by the Sabbath day. The Son of Man is Lord even of the Sabbath.**”

# Keeping Shabbat

Jesus, as a practicing Jew, would have followed Shabbat Law, from sunset Friday night until the appearance of three stars in the sky Saturday night. Shabbat law is very strict, not allowing for any work.

Here are some basic activities from which those observing Shabbat would refrain from doing:

- writing, erasing, and tearing
- business transactions
- driving or riding in cars or other vehicles
- shopping
- using the telephone
- turning on or off anything which uses electricity, including lights, radios, television, computer, air-conditioners, and alarm clocks
- cooking, baking or kindling a fire
- gardening and grass-mowing
- doing laundry
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A lot of preparation goes into preparing for the Sabbath. That preparation allows everyone to celebrate the Sabbath without having to work.

In the story from the Gospel of Mark, the disciples broke Shabbat Law by picking grain and eating it. However, Jesus says that man was not made for the Sabbath but the Sabbath for man. Work is important, and there is a dignity to work. However, a man also needs time to rest, so God gave us the Sabbath for rest.

The Jewish Sabbath is celebrated on the seventh day, recalling how God rested after the six days of creations. The early Church in the book of Acts moved the Sabbath celebration to Sunday, the first day of the week to celebrate creation and Christ's glorious resurrection.

This Sunday, do something special to celebrate the Sabbath! What is something your family enjoys doing together to rest and rejuvenate?

Don't forget to include prayer in your Sabbath celebration, thanking God for His many gifts!