

40 Days in Pursuit of Jesus

Week 1: Sabbath | Day 3, Thursday, October 15th

Scripture: Mark 2:27-28 | by: David Belzer

*And he said to them, "The Sabbath was made for man, not man for the Sabbath.
28 So the Son of Man is lord even of the Sabbath."*

So thinking about the Sabbath, it is definitely a practice that goes against the "world" around us. We live in a culture of pursuing "more" years and to take a day off of earning and spending goes against everything the world around us says. But as followers of Christ while we live in this world we are not of it (see John 17:16).

The Sabbath is one of the most neglected of the Ten Commandments, and I think a large part of this is people taking the event that led to Jesus' words in Mark 2:27 out of context. To summarize, Jesus' disciples were snacking on some grain on Sabbath, and religious leaders were being critical of it. People seem to take this out of context as an excuse to not have Sabbath but what you have to take into consideration is that the religious leaders at the time took a very legalistic view of the Sabbath. And reading the Old Testament you can understand why. For about 600 years the Jewish people were under some level of foreign control that started with Babylon and then Rome, and not following the Sabbath was a major reason for this and they overreacted.

We overreact all the time. But as a culture are we overreacting in the opposite direction with Sabbath and missing the point? In this verse Jesus' point was the Sabbath was a gift to be enjoyed. So how can we live out a Sabbath as a form of rest? In part 2 I'll discuss my personal practices of Sabbath

Dear God please put on my heart the ways I should enjoy Sabbath in a God honoring way. In Jesus name. Amen

NOTES:
