

Reflection

Reflect on the following statement: “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”

Application

In light of this passage and the example of Jesus, what can you do to better observe the Sabbath by keeping it holy?

Prayer

Write out a prayer to God asking Him to help you to not only see the benefits of observing the Sabbath, but that you would experience them as you strive to keep it holy...

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“Our Sabbaths must be our satisfaction:
not our burden, but our blessing.”

—John Wells

#TrendingInTheGospels #OWC

#TRENDING in the Gospels

October 15, 2017

#BlessingNotABurden

Part 8

Passage Study Guide

This week we will be studying a passage recorded in the synoptic Gospels that involves Jesus’ Disciples picking grain on the Sabbath. We have included the pertinent Scripture passages for you to read and study. We have also provided a series of exercises and follow-up questions for you to consider as you study this week.

Study Exercises

1. What’s the Same?

Spend time reading the passages from each of the Gospels. Then look for what’s the same in each of the Gospel accounts. When you identify something that is found in all of the accounts underline them.

2. What’s Different?

Spend time reading the passages from each of the Gospels. Then look for what’s different in each of the Gospel accounts. When you identify something that is different go ahead and underline them in a different color.

3. What’s Unique?

Spend time reading the passages from each of the Gospels. Then look for what’s unique to each of the Gospel accounts (if applicable). When you identify something that is unique go ahead and highlight them.

A Discussion about the Sabbath

MATTHEW 12:1-8

¹ At about that time Jesus was walking through some grainfields on the Sabbath. His disciples were hungry, so they began breaking off some heads of grain and eating them. ² But some Pharisees saw them do it and protested, “Look, your disciples are breaking the law by harvesting grain on the Sabbath.”

³ Jesus said to them, “Haven’t you read in the Scriptures what David did when he and his companions were hungry? ⁴ He went into the house of God, and he and his companions broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. ⁵ And haven’t you read in the law of Moses that the priests on duty in the Temple may work on the Sabbath? ⁶ I tell you, there is one here who is even greater than the Temple! ⁷ But you would not have condemned my innocent disciples if you knew the meaning of this Scripture: ‘I want you to show mercy, not offer sacrifices.’ ⁸ For the Son of Man is Lord, even over the Sabbath!”

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!”

LUKE 6:1-5

¹ One Sabbath day as Jesus was walking through some grainfields, his disciples broke off heads of grain, rubbed off the husks in their hands, and ate the grain. ² But some Pharisees said, “Why are you breaking the law by harvesting grain on the Sabbath?”

³ Jesus replied, “Haven’t you read in the Scriptures what David did when he and his companions were hungry?

⁴ He went into the house of God and broke the law by eating the sacred loaves of bread that only the priests can eat. He also gave some to his companions.” ⁵ And Jesus added, “The Son of Man is Lord, even over the Sabbath.”

4. Definitions

What do you think the author means when they reference each of the following concepts or ideas from this passage?

- Sabbath
- To show mercy
- Not offer sacrifices
- Son of Man
- Lord over the Sabbath
- To meet the needs of people
- Not people to meet the requirements of the Sabbath

5. Review Cross Reference

Each Gospel writer records Jesus referencing the following story found in the Old Testament:

1 Samuel 21:1-6

David Runs from Saul

¹ David went to the town of Nob to see Ahimelech the priest. Ahimelech trembled when he saw him. “Why are you alone?” he asked. “Why is no one with you?”

² “The king has sent me on a private matter,” David said. “He told me not to tell anyone why I am here. I have told my men where to meet me later. ³ Now, what is there to eat? Give me five loaves of bread or anything else you have.”

⁴ “We don’t have any regular bread,” the priest replied. “But there is the holy bread, which you can have if your young men have not slept with any women recently.”

⁵ “Don’t worry,” David replied. “I never allow my men to be with women when we are on a campaign. And since they stay clean even on ordinary trips, how much more on this one!”

⁶ Since there was no other food available, the priest gave him the holy bread—the Bread of the Presence that was placed before the Lord in the Tabernacle. It had just been replaced that day with fresh bread.

6. What did Jesus do on the Sabbath?

Here is a list of the passages from the Gospels that show us what Jesus did on the Sabbath:

Matthew 12:1-8

Mark 6:2

Luke 13:10-17

John 9:1-34

Matthew 12:9-14

Luke 4:16

Luke 14:1-6

Mark 1:21

Luke 4:31

John 5:1-15