

Bible Reading:  
Mark 2:23 to 3:6 (p. 1004)



1 day in 7

## Sunday

- Sunday has become like every other day in the week
- Few constraints on what can be done
- The 24/7 world is truly with us
- Choices but actually more constraints – patterns of working
- One man's freedom at the expense of another's restrictions



1 day in 7

## What about the church?

- Sunday was the accepted day of Christian meeting and the whole day was 'special'
- Now changed by the environment – many personal and different choices
- Little discussion let alone agreement in churches about what should be done - if anything

**This matters; not because we're losing traditions but because the Bible has something to say**



1 day in 7

## Creation - Genesis 2:1-3 (p. 4)

- God **rested** on the 7<sup>th</sup> day
- God **blessed** the day and made it **holy**
- A pattern for **everybody**



1 day in 7

**Between Creation and Moses -  
Exodus 16:21-30 (p. 74)**

- **Memory** of the first week of Creation
- **God will provide**  
God's blessing & provision. People's unbelief & disobedience.



1 day in 7

## The 4<sup>th</sup> of God's 10 'Words' -

**Exodus 20: 1,2,8-11 (p.78)**

- **Remember...** something they'd known about before and needed to keep being reminded of
- Positive and extensive **sign** of God's Covenant with his people
- Added ingredient of **redemption**.  
Exodus 20:1,2 (p.77)



1 day in 7

## Together - Leviticus 23:3 (p. 126)

- Personal but **also** together as a people



1 day in 7

## What happened next?

### Isaiah 58:13,14 (p. 747)

- Amos 8:4-6 (p.923); Jeremiah 17:19-27 (p. 777); Ezekiel 20 (p. 847)
- Isaiah 58 v. 13 Sabbath abused – **going where they wanted; doing as they pleased; speaking idle words**
- Penalties for ignoring and abuse: vs 13,14
- Great blessing for joyful use of the day in the way God intended
- Right up to the final times of revelation - Remember what God said at Sinai : Mal.4:4 (p. 962)



1 day in 7

## Summary

- A **blessing** from God for all people
- But **only** substantially so when recognised as being **holy** (set apart) by God for the purposes he intends
- **Special significance for the Jewish people** – a sign of God's Covenant – like all the laws of God accompanied by blessing and penalty
- **Much guidance** given to the God's covenant people as to how the day should be spent and not spent (personal – together)
- **This mattered** then – how much should it matter to us now?



1 day in 7

## **Today .....**

- What did Jesus do and say on this subject?
- How did the Apostles apply Jesus teaching in setting the pattern for church behaviour?
- How should we apply Bible teaching today?



1 day in 7

**Jesus has authority to perfectly interpret the law of God**

**Mt. 5:17-20 (p. 969)**

God's law has many purposes

- God's character – matters of the heart
- To bless and warn us
- Reveal our sinfulness
- Show us our need of a Saviour



1 day in 7

**Jesus has authority to perfectly interpret the law of God**

**Mt. 5:17-20 (p. 969)**

God's law has many purposes

- God's character – matters of the heart
- To bless and warn us
- Reveal our sinfulness
- Show us our need of a Saviour
- But we need to properly understand it
- God's law is fulfilled in Christ – true destination
- It's a friend not an enemy if understood and used rightly.



1 day in 7

**What does Jesus say about the true Sabbath?**

**Mk. 2: 23-3:6 (p. 1004)**

See also Mt. 12:1-14; Lk. 6:1-11

- **Jesus** : Sabbath made for man not man for the Sabbath (remember 'blessing')



1 day in 7

## What does Jesus say about the true Sabbath?

**Mk. 2: 23-3:6 (p. 1004)**

See also Mt. 12:1-14; Lk. 6:1-11

- **Jesus** : Sabbath made for man not man for the Sabbath (remember 'blessing')
- **Son of Man (the perfect man) - Lord of the Sabbath (Mk. 2:28)**. Understands it perfectly. NOT about prohibition but about provision. Jesus is the focal point of the Sabbath principle



1 day in 7

## What does Jesus say about the true Sabbath?

**Mk. 2: 23-3:6 (p. 1004)**

See also Mt. 12:1-14; Lk. 6:1-11

- **Jesus** : Sabbath made for man not man for the Sabbath (remember 'blessing')
- **Son of Man (the perfect man) - Lord of the Sabbath (Mk. 2:28)**. Understands it perfectly. NOT about prohibition but about provision. Jesus is the focal point of the Sabbath principle
- **Jesus is releasing the Jewish Sabbath**



1 day in 7

## What does Jesus say about the true Sabbath?

**Mk. 2: 23-3:6 (p. 1004)**

See also Mt. 12:1-14; Lk. 6:1-11

- **Jesus** : Sabbath made for man not man for the Sabbath (remember 'blessing')
- **Son of Man (the perfect man) - Lord of the Sabbath (Mk. 2:28)**. Understands it perfectly. NOT about prohibition but about provision. Jesus is the focal point of the Sabbath principle
- **Jesus is releasing the Jewish Sabbath**
- **The presence of Jesus**; together; enjoying fellowship; doing good (blessing others)



1 day in 7

## **Pictures of true Sabbath keeping**

- The presence of Jesus;
- Hearing his authoritative voice together;
- Enjoying fellowship;
- Doing good (blessing others)



1 day in 7

## **A mighty demonstration of the Lord of the Sabbath**

**Luke 4:14-21**

The Lord of the Sabbath prophesied & revealed. He is the one we meet on a 'Sabbath' day.



1 day in 7

## The practice of the early church

Dropping of the Sabbath word but not the principle. Why?

- **To distinguish**
- **The Jewish Sabbath tended to get stuck in earthly fulfilment** – the promised land as a place of peace. A higher calling. Heb. 4:9 ‘There remains, then, a Sabbath rest for the people of God’. The day needed a rebranding whilst maintaining the principle.
- **The Jewish Sabbath reflected the possibilities and opportunities of a nation state** – everyone behaving in a certain way – unlike the Roman empire and every other secular kingdom that has ever followed.



1 day in 7

## **The practice of the early church**

Dropping of the Sabbath word but not the principle. Why?

- **The day of resurrection chosen (1<sup>st</sup> day of the week) to reflect the revealed glory of the Lord of the Day** – the one we worship and to distinguish from tired, man-centred and formulaic Sabbath keeping. (But OT patterns)
- **The Lord's Day : Rev. 1:10.**



## 1 day in 7

### Some application

- **Thoughtfulness and deliberate action**
- **An issue for every local church community to work** through and come to common understanding and agreed practice. Together.
- **There is individual, personal level blessing** but this is not about choices in isolation from others.
- **1 day in 7 stopping the work activities of the week gone by** to give thanks for past mercies and reset our compasses for the coming week and the world to come.
- **Fellowship with the Lord; fellowship with one another.**
- **Making deliberate choices and working hard to get the most value from this day.** Preparation? (Late nights; meals). Holidays? Being with God's people on this day.



## 1 day in 7

### Some application

- **Getting the habit.** Patterns; regularity. This is what I do
- **Non-Christian families/relations.** Graciously setting boundaries. Making extra efforts to meet up on other days or other times.
- **Temptations and complications.** Parties, sport esp. week on week commitments
- **Giving all God's people opportunity to enjoy the blessing of this day.** eg 2 services on the Lord's Day
- **Giving all people opportunity to enjoy the blessing of this day.** Are we encouraging God's vision for this day or endorsing the secular interpretation
- **Remembering those who aren't and can't be with us**