



MESSAGE NOTES

Lord of the Sabbath

Mark 2:27-28

James Brown

Then He said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”

1. Sabbath made for man

The Sabbath day was created and set by God for us from the creation of the world. God created the world in six days and on the seventh day He rested. God didn't do this for Himself, He did this for us. To show us the importance and the necessity of taking a rest. We all need to take a break at least once a week. This is for our benefit and shouldn't become a burden.

2. Jesus is Lord

The Bible says that Jesus was with God from the beginning, that He is God and that all things were created through Him. So it was Jesus who created Sabbath rest. Which is why He is Lord of the Sabbath and why he didn't have to follow the rules and regulations of the religious leaders at the time.

3. Spirit not tradition

2 Corinthians 3:17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

We have God's Spirit in our hearts. Which means that we have God's freedom in our hearts. The Bible teaches that Sabbath rest is important and that as well as physical and mental rest we also need to ensure we use it for spiritual rest and refreshment. So always have time for Bible reading, prayer, worship and fellowship on your sabbath day. There are no rules apart from that. Aside from that do whatever you need to get some rest.