



## Life Guide

applying God's Word to life

### In Need of Some R&R June 3rd, 2018

(Mark 2:23-28)

<sup>23</sup> One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain.

<sup>24</sup> The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”

<sup>25</sup> He answered, “Have you never read what David did when he and his companions were hungry and in need? <sup>26</sup> In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.”

<sup>27</sup> Then he said to them, “The Sabbath was made for man, not man for the Sabbath. <sup>28</sup> So the Son of Man is Lord even of the Sabbath.”

1. Do you find your vacations leave you feeling well rested? Or do you feel like you need a vacation after your vacation? Why or why not?
2. The Pharisees accused Jesus and his disciples of breaking the Sabbath, because harvesting wheat was outlawed on the Sabbath day. Obviously, calling what they were doing “harvesting” is a major stretch. What do you know about the Pharisees that helps us understand why they would make such a huge accusation over such a small action? (Also, read Deut. 23:25!)

3. Jesus uses the example of David and his men eating consecrated bread from the Tabernacle to prove that God made the Sabbath for man, and not vice versa. Were David’s actions “sinful” according to the law? If so, why didn’t God strike down David and his men, and the high priest Abiathar for letting this happen?

We might call this an example of something following the “spirit of the law” rather than the “letter of the law.” What are some other modern examples of this?

4. **Agree/Disagree:** *God needs us to worship him.*

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**Agree/Disagree:** *Worship is something we do for God.*

5. **Analyze:** A church member comes in the day before he has surgery to ask the Pastor if he can have private communion, because he’s worried about how the surgery will go.

How could this action be a right/good thing to do?

How might this action be a wrong/sinful thing to do?

6. In what ways do worship and Bible study allow us to have lasting, spiritual rest?