



***Breaking News Alert!***

***S*** ***STAY TUNED...***

***REPORTING FROM THE GOSPEL OF MARK***



A close-up photograph of a golden wheat field at sunset. The sun is a bright, glowing orb in the upper center, casting a warm, golden light over the entire scene. The wheat stalks are in sharp focus in the foreground, with their heads of grain clearly visible. The background is a soft, out-of-focus expanse of the same golden wheat. The overall mood is peaceful and serene.

**Sabbath**

**Rest**

**“The sabbath is a sacred and Divine institution; a privilege and benefit, not a task and drudgery. God never designed it to be a burden to us, therefore we must not make it so to ourselves. The sabbath was instituted for the good of mankind, as living in society, having many wants and troubles, preparing for a state of happiness or misery. Man was not made for the sabbath, as if his keeping it could be of service to God, nor was he commanded to keep it outward observances to his real hurt. Every observance respecting it, is to be interpreted by the rule of mercy.”**

**Matthew Henry Commentary  
Mark 2:23-28**

**“23 One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. 24 The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”**”

**“25 He answered, “Have you never read what David did when he and his companions were hungry and in need? 26 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.”**

**27 Then 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.””**

**Mark 2:23-28**

**1 “Another time Jesus went into the synagogue, and a man with a shriveled hand was there. 2 Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. 3 Jesus said to the man with the shriveled hand, “Stand up in front of everyone.” 4 Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent.**

**5 He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.”**

**He stretched it out, and his hand was completely restored. 6 Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.**

**Mark 3:1-6**

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**“1 David went to Nob, to Ahimelek the priest. Ahimelek trembled when he met him, and asked, “Why are you alone? Why is no one with you?” 2 David answered Ahimelek the priest, “The king sent me on a mission and said to me, ‘No one is to know anything about the mission I am sending you on.’ As for my men, I have told them to meet me at a certain place. 3 Now then, what do you have on hand? Give me five loaves of bread, or whatever you can find.”**

**“4 But the priest answered David, “I don’t have any ordinary bread on hand; however, there is some consecrated bread here—provided the men have kept themselves from women.”**

**5 David replied, “Indeed women have been kept from us, as usual whenever I set out. The men’s bodies are holy even on missions that are not holy. How much more so today!”**

**“6 So the priest gave him the consecrated bread, since there was no bread there except the bread of the Presence that had been removed from before the Lord and replaced by hot bread on the day it was taken away.”**

**1 Samuel 21:1-6**



**“Works of Necessity”**  
**Deuteronomy 23:25**

**Jesus desires mercy  
not sacrifice.  
Hosea 6:6**

**The rest we need is  
literally His presence.**

**Exodus 25:30**

**Hebrews 4:1-11**

**[https://www.desiringgod.org/  
messages/remember-the-  
sabbath-day-to-keep-it-holy](https://www.desiringgod.org/messages/remember-the-sabbath-day-to-keep-it-holy)**



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