



Mark 2:23-3:6

Jesus Gives Rest



Photo Via: [Lightstock](#)

The Pharisees ruined
Sabbath rest with bad rules.
(Mark 2:23-24)





Photo Via: [Lightstock](#)

Exodus 34:21

“Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest. (NIV®)





Photo Via: [Lightstock](#)

Deuteronomy 23:25

If you enter your neighbor's grainfield, you may pick kernels with your hands, but you must not put a sickle to their standing grain. (NIV®)





Photo Via: [Lightstock](#)

“Legalism is the reduction of life to
mere technicalities.”

– *The Rest of God* by Mark Buchanan





Photo Via: [Lightstock](#)

Jesus tells us Sabbath
rest is for our good.
(Mark 2:25-28)







Photo Via: [Lightstock](#)

Daniel 7:13

“In my vision at night I looked, and there before me was one like a **son of man**, coming with the clouds of heaven. He approached the Ancient of Days and was led into his presence. (NIV®)





Photo Via: [Lightstock](#)

Jesus shows us Sabbath
rest is for our good and the
good of others. (Mark 3:1-6)



The Lord of the Rings

For awhile the hobbits continued to talk and think of the past journey and of the perils that lay ahead; but such was the virtue of the land of Rivendell that soon all fear and anxiety was lifted from their minds. **The future, good or ill, was not forgotten, but ceased to have power over the present.** Healthy and hope grew strong in them, and they were content with each day as it came, taking pleasure in every meal, and in every word and song.





Photo Via: [Lightstock](#)

Sabbath rest is for
our good and the
good of others.

