

Who is Jesus – Jesus is Lord of the Sabbath – Mark 2:23-28

FBC Nacogdoches – Sunday, July 21, 2019 – A.M. Message

Message Description

— From Bible days to today, the Sabbath has been a source of controversy, confusion, and condemnation. Could it be that we have missed the point of God's instruction on the Sabbath? Could it be that in all the confusion, the gift of the Sabbath has been so misunderstood that for many Christians it has lost its value? Could it be that our loss of a biblical understanding and practice of the Sabbath is the root cause of poor mental health, struggling family life, and a lack of spiritual vitality? Could it be that we are failing to truly honor the Lord in our families and communities because of our neglect of the Sabbath? In this message we will learn to embrace the wonderful gift of the Sabbath and to experience the benefits God intended.

Introduction

- Ever heard of the disease of scurvy.
 - Not very common today, but prior to the 18th century it was a major killer, especially on sea voyages.
 - If you study sea voyages prior to the 18th century, you will discover that often the main obstacle to crossing an ocean or floating a navy was Scurvy.
 - Scurvy was the main obstacle in nearly every famous ocean voyage prior to the 18th century.
 - Vasco da Gama voyage to India in 1499: Lost two thirds of his crew.
 - Magellan's 1520 crossing of the Pacific: Lost 80 percent of his crew.
 - Commodore George Anson in the 1740's lost 1,300 of his crew of 2,000 men on his six ships.
 - Over one-third of the passengers on the Mayflower are believed to have died from scurvy.
 - Either on the ship or after landing...
 - Terrible disease...
 - Starts with extreme lethargy...
 - Arms and legs swell; skin bruises; gums become spongy...
 - Skin hemorrhages; wounds open; mucous membranes bleed...
 - The description sounds to a non-medical expert like me like the body just rots away while you are alive.
 - Cause: Vitamin C deficiency
 - Just 10 milligrams per day (less than in the vitamin C in a small slice of a single orange) for one week will bring the scurvy sufferer back from the brink of death.
 - All those thousands of strong sailor men died for lack of an orange slice!^{i ii}
- Could there be a spiritual equivalent of scurvy?
 - Could there be some component of the Christian walk that seems to many to be very insignificant but in reality its lack leads to spiritual lethargy, and a hundred maladies that destroy our spiritual, emotional, and relational health?
 - I think there is: **The principle (vitamin) of the Sabbath...**
- Read **Mark 2:23-24**.
 - This passage begins with a controversy about the Sabbath.
 - The Pharisees wrongly accused Jesus and his disciples of breaking Sabbath laws.
 - There has been controversy and confusion about the Sabbath from the beginning to now. The Sabbath is a controversial issue.
 - The collection of manna in **Exodus 16**...
 - The compounding of extra rules by the Jews following the Ten Commandments...
 - The feuds between Jesus and the Pharisees...
 - **Modern Blue Laws**...
 - Unnecessary condemnation both self-inflicted and from legalistic critics...
 - And those controversies are now relegating the teaching to an outdated, useless relic...
 - Some of the confusion has come from a misunderstanding of how to balance the Fourth Commandment with verses such as...
 - **Galatians 4:9-10** | *But now, since you know God, or rather have become known by God, how can you turn back again to the weak and worthless elements? Do you want to be enslaved to them all over again? You are observing special days, months, seasons, and years. (CSB)*

- **Colossians 2:16–17** | *Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day. These are a shadow of what was to come; the substance is Christ. (CSB)*
- Most of the confusion just comes from ignorance.
 - Hear what the Scripture says next...
- Read **Mark 2:25-28**.
 - The David story comes from **1 Samuel 21:1-6**.
 - The significance of that account is to demonstrate that these regulations rightly understood were not meant to rob someone of life, but to give someone life.
 - The key statements are...
 - *"The Sabbath was made for man and not man for the Sabbath."*
 - *"The Son of Man is Lord even of the Sabbath."*
 - Let's focus on the first of those statements now, and we will pick up the second at the end of the message.
- How is the Sabbath for us?
 - We usually think of the Sabbath principle as a list of things that are prohibited.
 - We think of the Sabbath as a curse not as a blessing.
 - Why did God institute the Sabbath?
 - We have to go back to the first mentions of the Sabbath in the Bible.
 - **Genesis 1:31–2:3** | *God saw all that he had made, and it was very good indeed. Evening came and then morning: the sixth day. So the heavens and the earth and everything in them were completed. On the seventh day God had completed his work that he had done, and he rested on the seventh day from all his work that he had done. God blessed the seventh day and declared it holy, for on it he rested from all his work of creation. (CSB)*
 - The word Sabbath does not appear in these verses in our English translations, but we see the beginning of the principle.
 - The word does appear in Hebrew because the Hebrew word for seventh is sabbath (שַׁבָּת).
 - God rested on the seventh day.
 - Not because he was tired but because he was establishing a cycle.
 - Six days of work; one day of rest.
 - **Exodus 16:27–30** | *Yet on the seventh day some of the people went out to gather, but they did not find any. Then the LORD said to Moses, "How long will you refuse to keep my commands and instructions? Understand that the LORD has given you the Sabbath; therefore on the sixth day he will give you two days' worth of bread. Each of you stay where you are; no one is to leave his place on the seventh day." So the people rested on the seventh day. (CSB)*
 - **Exodus 16** is the first mention of the word Sabbath.
 - Here we see the day as a lesson of trust.
 - Can you trust the Lord to provide for you seven days if you only harvest six days?
 - Can you trust God to take care of you or do you only trust yourself?
 - Here is the New Testament lesson...
 - **Matthew 6:31–32** | *Don't worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. (CSB)*
 - **Matthew 6:33** | *Seek first the kingdom of God and his righteousness, and all these things will be provided for you. (CSB)*
 - How do we do this?
 - We stretch our trust by observing a Sabbath.
 - But...
 - **I'm too busy...**
 - **I have too many things to do...**
 - **There are too many activities to be involved in that I can't miss out on...**
 - No...
 - You just don't trust the Lord to provide...
 - Resources
 - Peace
 - Fulfillment

- Purpose
- Or whatever else you are chasing after.
- How do you trust God more?
 - Start with one day a week...

— **I would be remiss if I didn't mention Chic-fil-A...**

- **Experts say they lose \$100 million in revenue each year by closing on Sundays.**
- **They even closed their locations inside the Mercedes-Benz Stadium in Atlanta for last year's Super Bowl.ⁱⁱⁱ**
- **Yet, in 2017, they averaged \$4,090,900 in sales per restaurant open limited hours six days per week.**
 - **The closest competitor was McDonalds that averaged only \$2,670,000 in sales per restaurant open 24 hours a day, seven days a week.^{iv}**

- Can you trust God to give you enough "life" to cover the seventh day?
- **Exodus 20:8** | *Remember the Sabbath day, to keep it holy: (CSB)*
 - The Fourth Commandment...
- **Exodus 31:12-13** | *The LORD said to Moses: "Tell the Israelites: You must observe my Sabbaths, for it is a sign between me and you throughout your generations, so that you will know that I am the LORD who consecrates you. (CSB)*
 - This is a peculiar sign, something unusual about believers...
 - A Godward sign that we believe it is God who provides.
 - A sign to others that we believe God provides.
- **Mark 2:27** | *Then he told them, "The Sabbath was made for man and not man for the Sabbath. (CSB)*
 - The Sabbath was created as a blessing...
 - It is a gift...
 - It is a valuable part of living the Christian life...
 - It is the spiritual **Vitamin C**.

- So, how do we embrace the Sabbath?
 - How do we enjoy its benefits?
 - How can our observance of the Sabbath honor the Lord?

Embracing the Sabbath

I. Make a plan.

- Make a plan for yourself not for others.
 - **Colossians 2:16** | *Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day. (CSB)*
 - This is not about judging others; it is about embracing the gift the Lord has for you.
- This will not happen in your life without a plan.
 - **Exodus 20:8** begins by saying, "Remember the Sabbath..."
 - What are the parameters of the day?
 - What kinds of things do you need to remove from the day so you can rest, worship, bless others?
 - What kind of fences do you need to erect in your Sabbath?
 - What kinds of things should you add to your day?
 - What is one practical step you can take today? Next week?

II. Trust the Lord.

- Just chill out.
 - You are not nearly as instrumental in your success, happiness, strength, productivity, etc. as you think you are.
 - Listen to how Solomon says it...
 - **Psalm 127:1** | *Unless the LORD builds a house, its builders labor over it in vain; unless the LORD watches over a city, the watchman stays alert in vain. (CSB)*
 - **Psalm 127:2** | *In vain you get up early and stay up late, working hard to have enough food— yes, he gives sleep to the one he loves. (CSB)*
- The issue with the Sabbath is all about trust.
 - **"But if I don't work through the weekend..."**
 - **"But if I don't get the lawn cut..."**

— “If my kids don’t play on travel ball teams...”

— “This is just a busy season in my life...”

— No! You are just struggling with trusting the Lord, and the Sabbath is your first step to learn to renew your trust.

III. Worship the Lord.

— The early church largely moved their practice of the Sabbath from Saturday to Sunday because Sunday was resurrection day... a day of worship.

— So, for most of us, our weekly Sabbath will be (should be) on Sunday.

— **This doesn’t get pastors off the hook, we just have to have another day.**

— **I’m typically hear by 5:00 a.m. on Sunday and disconnect with the last church member around 9:00 p.m.**

— The Sabbath was to be holy unto the Lord (**Exodus 20:8-11, 31:14-16, Isaiah 58:13-14**).

— From the very beginning, corporate worship was part of the Christian Sabbath practice.

— Your Sabbath should begin with worship.

— By the way...

— There are no substitutes for worship!

— You cannot do something instead of worship.

— We have become way too casual about worship.

— We excuse ourselves a hundred ways.

— But we are wrong!

IV. Reap the rewards.

— Listen to this promise God gave to the nation of Israel. In this promise we see God’s desire to bless those who honor the Sabbath...

— **Isaiah 58:13** | *If you keep from desecrating the Sabbath, from doing whatever you want on my holy day; if you call the Sabbath a delight, and the holy day of the LORD honorable; if you honor it, not going your own ways, seeking your own pleasure, or talking business; (CSB)*

— **Isaiah 58:14** | *then you will delight in the LORD, and I will make you ride over the heights of the land, and let you enjoy the heritage of your father Jacob.” For the mouth of the LORD has spoken. (CSB)*

— What would happen if we truly and consistently honored the Sabbath?

A. Increased spiritual vitality and strength

— Wisdom instead of folly

— Trust instead of worry

— Overcome temptation instead of surrender

B. Improved mental and emotional health

— Why is mental illness among Christians seemingly so much more prevalent today than in generations past?

— Why don’t we have more joy, peace, spiritual encouragement?

— **Maybe we are like a field that needs to lie fallow?**

— **If dirt needs to rest, then you need to rest!**

— We are mentally and emotionally exhausted.

C. Strengthening of the family

— What if we spent quality, uninterrupted time together each week?

D. Improved Christian witness

— Witness for Christ

— We are to be a peculiar people and that should be reflected in our Sabbath practice.

— True with the Jews...

— True today...

E. Hope and focus set on heaven

— **Hebrews 4** teaches us that that our weekly Sabbaths become a model and an anticipation for our ultimate Sabbath rest in heaven.

Conclusion

— Read some more of **Exodus 31**...

— **Exodus 31:14-16** | *Observe the Sabbath, for it is holy to you. Whoever profanes it must be put to death. If anyone does work on it, that person must be cut off from his people. Work may be done for six days, but on the seventh day there must be a Sabbath of complete rest, holy to the LORD. Anyone who does work on the Sabbath day must be put to death. The Israelites must observe the Sabbath, celebrating it throughout their generations as a permanent covenant. (CSB)*

— Why does God use such extreme language? Why is this such a big deal?

- **Mark 2:28** | *So then, the Son of Man is Lord even of the Sabbath. (CSB)*
- If the Jesus is Lord of the Sabbath then our surrender of the Sabbath is a confession of his Lordship in our lives.
- One of the best ways to honor the Lord is to make it clear to self, your family, and to others that he is joyfully the Lord of the Sabbath in your life!
- Making him Lord of the Sabbath is a second step or surrender...

Thoughts

- Questions
 - Why are there such controversies about the Sabbath?
 - **Galatians 4:10**
 - **Colossians 2:16-17**
 - What should be the real pain-points of the Sabbath commands?
 - Why did God establish a Sabbath?
 - How should we embrace the Sabbath?
 - Plan
 - Focus on yourself not others
 - The Exodus commandment begins, “Remember the Sabbath...”
 - What is one practical step you can take?
 - Trust
 - The first Sabbath controversy/criticism was about trust (**Exodus 16:27-29**)
 - Bless
 - Rest/Enjoy
 - It is a gift...
 - What would change if we honored a Sabbath?
 - Mental health
 - Family health
 - Spiritual vitality and strength
 - Witness for Christ
 - We are to be a peculiar people and that should be reflected in our Sabbath practice.
 - True with the Jews...
 - True today...
 - Honor for the Lord
 - Set our hope/focus on heaven...
 - Listen to the promise of **Isaiah 58:13-14**...
 - How does the Sabbath honor the Lord?
 - Why does God speak so harshly about Sabbath in **Exodus 31**?

References

- **Galatians 4:10** | *You are observing special days, months, seasons, and years. (CSB)*
- **Colossians 2:16-17** | *Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day. These are a shadow of what was to come; the substance is Christ. (CSB)*
- **Exodus 20:8-11** | *Remember the Sabbath day, to keep it holy: You are to labor six days and do all your work, but the seventh day is a Sabbath to the LORD your God. You must not do any work—you, your son or daughter, your male or female servant, your livestock, or the resident alien who is within your city gates. For the LORD made the heavens and the earth, the sea, and everything in them in six days; then he rested on the seventh day. Therefore the LORD blessed the Sabbath day and declared it holy. (CSB)*
- **Exodus 16:21-26** | *They gathered it every morning. Each gathered as much as he needed to eat, but when the sun grew hot, it melted. On the sixth day they gathered twice as much food, four quarts apiece, and all the leaders of the community came and reported this to Moses. He told them, “This is what the LORD has said: ‘Tomorrow is a day of complete rest, a holy Sabbath to the LORD. Bake what you want to bake, and boil what you want to boil, and set aside everything left over to be kept until morning.’ ” So they set it aside until morning as Moses commanded, and it didn't stink or have maggots in it. “Eat it today,” Moses said, “because today is a Sabbath to the LORD. Today you won't find any in the field. For six days you will gather it, but on the seventh day, the Sabbath, there will be none.” (CSB)*
- **Exodus 16:27-30** | *Yet on the seventh day some of the people went out to gather, but they did not find any. Then the LORD said to Moses, “How long will you refuse to keep my commands and instructions? Understand that the LORD has given*

you the Sabbath; therefore on the sixth day he will give you two days' worth of bread. Each of you stay where you are; no one is to leave his place on the seventh day." So the people rested on the seventh day. (CSB)

— **Exodus 31:12-17** | *The LORD said to Moses: "Tell the Israelites: You must observe my Sabbaths, for it is a sign between me and you throughout your generations, so that you will know that I am the LORD who consecrates you. Observe the Sabbath, for it is holy to you. Whoever profanes it must be put to death. If anyone does work on it, that person must be cut off from his people. Work may be done for six days, but on the seventh day there must be a Sabbath of complete rest, holy to the LORD. Anyone who does work on the Sabbath day must be put to death. The Israelites must observe the Sabbath, celebrating it throughout their generations as a permanent covenant. It is a sign forever between me and the Israelites, for in six days the LORD made the heavens and the earth, but on the seventh day he rested and was refreshed." (CSB)*

— **Isaiah 58:13-14** | *"If you keep from desecrating the Sabbath, from doing whatever you want on my holy day; if you call the Sabbath a delight, and the holy day of the LORD honorable; if you honor it, not going your own ways, seeking your own pleasure, or talking business; then you will delight in the LORD, and I will make you ride over the heights of the land, and let you enjoy the heritage of your father Jacob." For the mouth of the LORD has spoken. (CSB)*

— **Matthew 6:31-32** | *So don't worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. (CSB)*

— **Matthew 6:33** | *But seek first the kingdom of God and his righteousness, and all these things will be provided for you. (CSB)*

General Notes

- **Main Idea:** As Lord of the Sabbath, Jesus releases us from legalistic pressure and frees us to joyful obedience.^v
- This is the real basis of his hallowing and blessing the day of rest. He is saying in effect, "Let my highest creature, the one in my image, stop every seven days and commemorate with me the fact that I am the creator who has done all this. Let him stop working and focus on me, that I am the source of all that he has. I am the fountain of blessing. I have made the very hands and mind with which he works. Let one day out of seven demonstrate that all land and all animals and all raw materials and all breath and strength and thought and emotion and everything come from me."^{vi}
- The beautiful thing about the sabbath is that God instituted it as a weekly reminder of two things. One is that all true blessing comes from his grace, not our labor. The other is that we hallow him and honor him and keep the day holy if we seek the fullness of his blessing by giving our special attention to him on that day.^{vii}
- Accept the gift of one day's rest a week. Humble yourself to believe you need it. And be willing to admit that your wealth and your significance and your true advancement in life depend far more on God's labor than on yours.^{viii}
- The rules that people were required to follow made them work harder on the Sabbath than on any other day. They worked so hard trying to be sure that they did not violate the Sabbath regulations that they had no time to rest on that special day. A quick glance at some of the rules will tell you why the day had become such a burden to the Jews.
 - People were forbidden from traveling more than 3,000 feet from their homes on the Sabbath.
 - A Jew could not carry an object that weighed more than a dried fig. But, an object that weighed half that amount could be carried twice.
 - One could eat nothing larger than an olive.
 - You could not throw an object into the air with one hand and catch it with the other.
 - If the Sabbath came upon you as you were reaching out for some food, you would have to drop the food before you pulled your arm back, otherwise you would be guilty of carrying a burden on the Sabbath.
 - Nothing could be bought or sold.
 - Clothing could not be washed or dyed.
 - A letter could not be sent.
 - A fire could not be lit or extinguished. If you failed to light your lamps before the Sabbath, you had to sit in the dark until the next evening.
 - Jews could not take a bath on the Sabbath. If they did, some of the water might splash onto the floor and this would be considered "washing it".
 - Chairs or other heavy objects could not be moved because dragging them might make a furrow in the ground, and that would be considered plowing.
 - A woman could not look into a looking glass because she might see a gray hair and be tempted to pull it out.
 - False teeth could not be worn because they exceeded the weight limits.
 - A Jewish tailor could not carry a needle on the Sabbath lest he be tempted to mend a torn garment.
 - It was against the law to tie or untie a knot; sew two stitches; or prepare food.
 - If a Jew was injured on the Sabbath, it was unlawful to make him better. You could only give him enough treatment to keep him alive.

- The restrictions had even become dangerous. On two occasions, the Jews were defeated by their enemies, and thousands of Jews died, because they refused to defend themselves on the Sabbath.^{ix}
- In fact, it is the Sabbath issue that brings us to the very heart of what it is to be a disciple and follower of Christ: to be a Christian is to say 'He is Lord'. And, among other things, He is Lord of this particular day.^x
- What John Owen seems to be arguing here is that if the fourth commandment identified with specificity which day of the week was the Sabbath, then there might be grounds for believing that it was an ordinance to be confined to the Old Testament period. But, he says, it does not: it comes to us in the form of a moral precept, in which one day out of seven is to be kept holy. The identity of the day is to be established on other grounds.^{xi}
- Thomas Brooks: It is the duty and glory of a Christian to rejoice in the Lord every day, but especially on the Lord's Day ... to rejoice in the Lord this day, and to rejoice in all the duties of the day ... this is to crown Christ, this is to lift up Christ.^{xii}
- God, according to the Puritans, gave us the Sabbath in order that pure religion might have a friend in this hostile world. By observing it, the followers of Christ will have respite from the burdens of the week, and will be lifted above the cares of the world to things above.^{xiii}
- There can be little doubt that God's people would once again make a dramatic impact on our culture if we were to make a serious attempt to enjoy the weekly rest in preparation for the eternal rest which awaits us. ~Alistair Begg^{xiv}

Notes on 2:23-24

- Rabbinical tradition had interpreted the rubbing of grain in the hands (cf. Luke 6:1) as a form of threshing and forbidden it.^{xv}
- Deuteronomy 23:25 implies that, in the case of hunger, it was permissible to eat **heads of grain** from any field one might pass by. Work, however, was not permitted on the **Sabbath** (Ex. 34:21).^{xvi}
- *that which is not lawful*] They did not accuse them of theft, for the Law allowed what they were doing (Deut. 23:25). They accused them of profaning the Sabbath. The Law of course forbade reaping and threshing on that day, but the Rabbis decided that even to pluck corn was to be construed as reaping, and to rub it as threshing. They even forbade walking on grass as a species of threshing, and would not allow so much as a fruit to be plucked from a tree on that day. ^{xvii}
- In this story, as Jesus and His disciples were walking, the disciples picked a few heads of grain. In the eyes of the Pharisees, they were guilty of a double violation. First, they were *traveling*, which was defined as walking more than 1,999 paces. However, the Pharisees focus on the second violation, which was *reaping*. Deuteronomy 23:25 says, "When you enter your neighbor's standing grain, you may pluck heads of grain with your hand." According to this law the disciples were in the clear. However, Exodus 34:21 says, "You are to labor six days but you must rest on the seventh day; you must even rest during plowing and harvesting times." Plucking was considered "harvesting" in the eyes of the Pharisees. ^{xviii}

Legalism

- Legalism is raising to the level of biblical mandate and command what God has neither commanded nor prohibited in His Word. It is taking our traditions and preferences and imposing them on others as an act of spiritual superiority, even though the Bible does not make such practices universally prescriptive.^{xix}
- Legalism is characterized by looking for the shortcomings in others rather than in oneself. It looks for what is wrong in someone's life in order to criticize and condemn them rather than what is right in order to commend and encourage them.^{xx}
- The Bible nowhere says that it is wrong to eat out or buy something on Sunday. But, it never says it is right either. According to **Rom. 14:14**, you need to listen to your heart! If you think that buying a tank of gas on Sunday is wrong, then it is wrong for you. If you have no problem with it, then help yourself.^{xxi}

Sabbath

- The Sabbath ran from sunset Friday to sunset Saturday, and the Jews were commanded to set it aside as holy to the Lord. Islam may honor Mecca and the Koran, and Hindus may honor the Ganges River, but neither of them has a comparable day of rest and worship. The Sabbath proclaimed Yahweh as Lord of creation and time. It set the Jews apart as a holy and unique people.^{xxii}
- The fourth commandment, the longest of the ten, addressed the Sabbath (Exod 20:8-11; Deut 5:12-15). It was a special sign between Israel and Yahweh (Exod 31:13-17), and Jews were to abstain from every kind of work since God

Himself rested on the seventh day of creation. However, it is not precise in details, so the Jews built an elaborate wall of tradition around the observance to assure that it would not be violated.^{xxiii}

Notes on 2:25-26

- **the showbread.** Twelve loaves of unleavened bread (representing the 12 tribes of Israel) were placed on the table in the sanctuary and at the end of the week replaced with fresh ones. The old loaves were to be eaten only by the priests. While it was not normally lawful for David and his companions to eat this showbread, neither did God want them to starve, so nowhere does Scripture condemn them for eating (*see note on Matt. 12:4*).^{xxiv}
- This offering was 12 loaves of unleavened bread, representing Israel's 12 tribes, set out on a table in the holy place.^{xxv}

Notes on 2:27-28

- **The Sabbath was made for man.** Jesus next (see note on vv. 25–26) emphasizes that man is not to be confined by the Sabbath but rather that the Sabbath is given as a gift to man (for spiritual and physical refreshment).^{xxvi}
- “The Sabbath was made for man.” God made it for Adam in paradise, and renewed it to Israel on Mount Sinai. It was made for all mankind, not for the Jew only, but for the whole family of Adam. It was made for human benefit and happiness. It was for the good of their bodies, the good of their minds, and the good of their souls. It was given as a boon and a blessing, and not as a burden. This was the original institution.^{xxvii}
- To Jesus the Sabbath was not created for its own sake; it was a gift of God to man. Its purpose was not to put man in a kind of straight jacket. It was for his good—to provide rest from labor and opportunity for worship.^{xxviii}

Notes on 3:3-4

- **To destroy ... life** may refer to an incident in which the Maccabees decided to fight if attacked on the Sabbath (1 Maccabees 2:32–41). These great Jewish heroes were willing to kill on the Sabbath, yet the Pharisees would not allow **good deeds on the Sabbath**.^{xxix}

Notes on 3:5

- This is the only explicit reference to Jesus' anger in the New Testament.^{xxx}
- Anger is rarely directly attributed to Jesus. The only other place in the Gospels he is said to be angry is in the reading rejected by the NIV in Mark 1:41. His anger was real, but it was never the expression of injured self-concern. It was more like “righteous indignation”—what a good man feels in the presence of stark evil. Such anger was particularly appropriate to this situation. But even such justifiable anger was couched in compassion. The tenses of the verbs are important here. The looking “around at them in anger” was momentary (aorist tense), but the being “deeply distressed” was continuous (present tense).^{xxxi}

¹ https://www.realclearscience.com/blog/2015/08/scurvys_is_much_worse_than_you_think.html

² http://www.bbc.co.uk/history/british/empire_seapower/captainscook_scurvy_01.shtml

³ <https://www.mashed.com/2922-real-reason-why-ill-looked-sundays>

⁴ <https://www.qsrmagazine.com/content/qsr50-2018-top-50-chart>

⁵ Daniel L. Akin, David Platt, and Tony Merida, *Evaluating Jesus in Mark* (Nashville, TN: Holman Reference, 2014).

⁶ John Piper, *Sermons from John Piper (1980–1989)* (Minneapolis, MN: Desiring God, 2007).

⁷ John Piper, *Sermons from John Piper (1980–1989)* (Minneapolis, MN: Desiring God, 2007).

⁸ Alan Carr, “The Scandal over the Sabbath (Mark 2:23–28),” in *The Sermon Notebook: New Testament* (Lenoir, NC: Alan Carr, 2015), 489–490.

⁹ Iain D. Campbell, *On the First Day of the Week: God, the Christian and the Sabbath* (Leominster, UK: Day One Publications, 2005), 121.

¹⁰ Iain D. Campbell, *On the First Day of the Week: God, the Christian and the Sabbath* (Leominster, UK: Day One Publications, 2005), 166.

¹¹ Iain D. Campbell, *On the First Day of the Week: God, the Christian and the Sabbath* (Leominster, UK: Day One Publications, 2005), 166.

¹² Iain D. Campbell, *On the First Day of the Week: God, the Christian and the Sabbath* (Leominster, UK: Day One Publications, 2005), 167.

¹³ Iain D. Campbell, *On the First Day of the Week: God, the Christian and the Sabbath* (Leominster, UK: Day One Publications, 2005), 177–180.

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