

Read Mark 2:23-28

**23** One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat.

**24** But the Pharisees said to Jesus, “Look, why are they breaking the law by harvesting grain on the Sabbath?”

**25** Jesus said to them, “Haven’t you ever read in the Scriptures what David did when he and his companions were hungry?”

**26** He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions.”

**27** Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.

**28** So the Son of Man is Lord, even over the Sabbath!”

**What is the Sabbath (v. 23)?** The day the Jewish people went to church – Saturday.

**What were Jesus and His disciples doing on the Sabbath?** Walking through the field, picking grain and eating it.

**Who are the Pharisees (v. 24)?** The Jewish religious leaders. They were very nit-picky about what you could and could not do on the Sabbath. They had their own set of rules and laws.

**What did the Pharisees think about Jesus’ disciples picking and eating grain?** They thought the disciples were breaking the Ten Commandments by working on the Sabbath which was not allowed. They said that picking grain was the same as working which is ridiculous.

**How did Jesus answer them (v. 25-26)?** David ate food that was not allowed by the law and it was okay.

**What was the point Jesus was making?** When people are really hungry it is ok to eat differently than usual. God is more interested in why you are eating and if your heart is right with Him. The Pharisees were hypocrites.

**How did Jesus explain the meaning of the Sabbath to them (v. 27)?** The Sabbath was made for man to enjoy not to be a day filled with rules about what you can and cannot do.

**What was Jesus final point (v. 28)?** Jesus is in charge of the Sabbath not the Pharisees. He decides what is right to do on the Sabbath.

**Do we have a Sabbath?** We have a day we go to church but it’s Sunday and it’s called “The Lord’s Day.” We worship on Sunday because that’s the day Jesus rose from the dead.