

10 Aug 2014: Preached by Rev Quek Suan Yew

Topic: **Life of Christ: Sabbath is for Man!**

Scripture Text: Mark 2: 23-28

1. Sabbath means rest and the Sabbath day has changed to the Lord's Day in the New Testament which is now on the first day of the week i.e. Sunday. But the principle to observe the Sabbath day remains the same. In some countries where the weekend is not on a Sunday, the worship service is held on other day eg. Friday for Kemaman in Malaysia.

2. From v.23-24, we learn the wrong understanding of Sabbath day is to be rejected. It is not a list of "dos and don'ts" that we must or must not do on the Sabbath day. The Pharisees came out with their own list and became proud and arrogant to despise others who do not observe their list. They criticized Jesus' disciples for picking corns in the field on the Sabbath day which the law actually permits it. To the Pharisees, it is working and hence the disciples broke the Sabbath day commandment.

3. From v.25-26, the Lord Jesus taught the biblical approach for the Sabbath day to be observed. The Sabbath day is a reminder to God's people that they are a spiritual people. After working for 6 days, God wanted His people to set aside one day to worship and remember Him.

4. To keep the Sabbath is to remind us of the eternal rest that awaits every believer in Heaven. Salvation rest is given to all who believe in Christ. Sabbath rest is for believers on earth to be reminded of our final eternal rest in Heaven. Hence we ought to love to worship and praise God every Lord's day for in Heaven we will be praising and worshipping God eternally.

5. In v.27-28, we are told clearly the Lord Jesus is the Lord of the Sabbath. We should listen to Him how to observe the Sabbath and not listen to what men have to say. The Lord Jesus gave us the Sabbath day for us to enjoy by worshipping and praising Him.