



WEEK 5

PREPARED FOR THE DIFFERENT

Week 5 - Prepared for Different

Research

You made it Week 5. Congratulations, but we are not done yet.



Today, we are talking Sabbath.

Sabbath is a word used in scripture many times and become the focal point of our story in Mark this week. Sabbath or in modern Judaism, Shabbat, was the holy day set aside by God in **Genesis 2:1–3** *Thus the heavens and the earth were finished, and all the host of them. ^[2] And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ^[3] So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.*

When is Sabbath? The Sabbath day begins on Friday night at nightfall when the first 3 stars appear, 6 pm traditionally, and ends an hour after sunset on Saturday evening.

Why Sabbath? Sabbath is meant to be a day of rest and restoration helping to remind the Jewish people of the covenant between God and them. It is meant to be an oasis of calm in the midst of a busy world.

What are the basic rules of the Sabbath? According to Chabad.org the following is a brief summary of some of the Shabbat laws you are most likely to encounter. Let's start with some basic activities from which we refrain on Shabbat: writing, erasing, and tearing; business transactions; driving or riding in cars or other vehicles; shopping; using the telephone; turning on or off anything which uses electricity, including lights, radios, television, computer, air-conditioners and alarm clocks; cooking, baking or kindling a fire; gardening and grass-mowing; doing laundry;

Don't let this fool you! A day of family, celebrating God through nature and scripture reading actually sounds like an amazing day. Sabbath was created for mankind to recenter their life upon God. What would you think about celebrating Sabbath according to these standards?

What does the Bible say about Sabbath?

- **Exodus 20:8-11** *“Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.*

- **Hebrews 4:9–12** *So then, there remains a Sabbath rest for the people of God, ^[10] for whoever has entered God’s rest has also rested from his works as God did from his. ^[11] Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. ^[12] For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.*

What have you learned about Sabbath from our research?

For more on the concept of Sabbath watch the Bible Project Sabbath video:

<https://www.youtube.com/watch?v=PFTLvkB3JLM>

Making a Plan

What does it mean to be different? Psychologists state that being different means to have a unique perspective that invokes a response. That response is sometimes positive “a breath of fresh air” or sometimes disapproving “well... that’s different.”

As Christians, we want to live different. How do these verses encourage that principle?

- **John 15:19** *If you were of the world, the world would love you as its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you.*
- **Romans 12:2** *Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

In Mark 2, we see three scenarios that scream LIVE DIFFERENT! See if you can identify how Christ sees the world differently.

Mark 2:13–17 *He went out again beside the sea, and all the crowd was coming to him, and he was teaching them. [14] And as he passed by, he saw Levi the son of Alphaeus sitting at the tax booth, and he said to him, “Follow me.” And he rose and followed him. [15] And as he reclined at table in his house, many tax collectors and sinners were reclining with Jesus and his disciples, for there were many who followed him. [16] And the scribes of the Pharisees, when they saw that he was eating with sinners and tax collectors, said to his disciples, “Why does he eat with tax collectors and sinners?” [17] And when Jesus heard it, he said to them, “Those who are well have no need of a physician, but those who are sick. I came not to call the righteous, but sinners.”*

How does Jesus handle this situation different than the norm?

Scenario #2

Mark 2:18–22 [18] Now John’s disciples and the Pharisees were fasting. And people came and said to him, “Why do John’s disciples and the disciples of the Pharisees fast, but your disciples do not fast?” [19] And Jesus said to them, “Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast. [20] The days will come when the bridegroom is taken away from them, and then they will fast in that day. [21] No one sews a piece of unshrunk cloth on an old garment. If he does, the patch tears away from it, the new from the old, and a worse tear is made. [22] And no one puts new wine into old wineskins. If he does, the wine will burst the skins—and the wine is destroyed, and so are the skins. But new wine is for fresh wineskins.”

How does Jesus handle this situation different than the norm?

At the end of the passage in verse 21-22, Jesus builds out an idea that He is the Way, the Truth and the Life. This idea will push up back against the Pharisees rigid law-based system. But in Jesus we are:

- **2 Corinthians 5:17** *Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.*

There is a beautiful worship song about New Wine from Hillsong Worship.

Take a break and listen to it here: https://www.youtube.com/watch?v=QbJaM_EneMw

What are your thoughts on the song?

Scenario #3

Mark 2:23–28 One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. [24] And the Pharisees were saying to him, “Look, why are they doing what is not lawful on the Sabbath?” [25] And he said to them, “Have you never read what David did, when he was in need and was hungry, he and those who were with him: [26] how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?” [27] And 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.”

How does Jesus handle this situation different than the norm?

Jesus is bringing forward the true definition of Old Testament concepts like calling, fasting and Sabbath. The key verse is verse 27 *And he said to them, “The Sabbath was made for man, not man for the Sabbath.* What do you think that means?

Jesus’ point is that the holiness of the house of God does not preclude its participation in acts of compassion and justice. In **Hosea 6:6**, *I desire mercy and not sacrifice*, does this apply to the Sabbath? We are going to see this concept being tested again in chapter 3 when Jesus heals a man on the Sabbath.



Checking the List

We strive to be different

Do you want to live differently?

- **1 John 2:15-17** *Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride in possessions—is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever.*

How does 1 John 2:15-17 encourage us to love God more than the world?



Choose mercy over sacrifice

How can we show more mercy in our world?

- **Proverbs 21:3** *To do righteousness and justice is more acceptable to the Lord than sacrifice.*

Don't be afraid to be judged

Why is it scary to be different?

- **1 Corinthians 2:15** *The spiritual person judges all things, but is himself to be judged by no one. For the things that are seen are transient, but the things that are unseen are eternal.*

There are many parts of Sabbath that we can apply to our walk with Christ, even today. Let's take a moment to consider some of the ways.

How do you think the statements below could be applied to our walk today?

1. We are called to spend time resting in the Lord.
 - Resting in the Lord involves loving others, showing mercy, studying the scripture, worship and spending time in His creation.

How could you rest in the Lord?

2. Start your day, start your week with God

How do you typically start your day?

How could you improve the start of your day?

3. The value of a Sabbath day is not what Sabbath can do for you. The purpose of the Sabbath day is not for what it can do for you. Rather, its value comes from setting time aside to rest and reflect upon the glory of the Lord knowing our eternity has been sealed.
- **2 Corinthians 3:18** And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

Does Sabbath sound boring to you? Why or why not?

In your view, what are some of the benefits of Sabbath that you wish were part of your life?

Take a moment to pray and ask the Lord for clarity on rest. Do you need it? How does resting in the Lord differ from playful rest? Record below what God is encouraging you to do.

Time to pack our bag.

What do we need to pack into our bags for the adventure that lies before us?

DIFFERENT MINDSET

SABBATH

MERCY

CALLING OF GOD

SACRIFICE

NOT OF THIS WORLD

If you could only pick 2 of these phrases above to put into your heart and mind, which would you choose and why?

Choice 1: _____

Why?

Choice 2: _____

Why?

Finish your time together with a time of prayer. Pray for God to help us live differently for the sake of Christ. Help us to be a breath of fresh air to a lost world.
