

**LIFE OF CHRIST**  
from the gospel of  
**Mark**

**LESSON 13**

**JESUS IS LORD OF THE  
SABBATH**

**MARK 2:23-28**

# Life of Christ

## Jesus is Lord of the Sabbath

## Mark 2:23-28

### Younger Verse

Come to me and I will give you rest.

Matthew 11:28

### Older Verse

If you are tired from carrying heavy burdens, come to me and I will give you rest.

Matthew 11:28

### Lesson Goals

**Understand the significance of the Sabbath day for God's people**  
**Learn the reason most Christians rest and worship on Sunday**  
**Learn that we can give Jesus our burdens and rest in Him**

### Opener

*Have you ever tried to carry something that was too heavy? Did someone help you? Jesus wants to help us with the problems in our life that seem like a heavy load.*

### Bible Story

*Please note: This portion of the lesson is given to help in teaching the lesson. Please read through the story and read it in the Bible. Do **NOT** read from this piece of paper. Instead, make a note sheet and place it next to the story in the Bible.*

We have just finished celebrating Easter. We have learned a lot about Jesus' last days on earth. Do you remember what day Jesus died on the cross? He died on a Friday. What day did He come back to life? (Sunday)

God's chosen people, the Israelites, have always had their day of rest on Saturday. This is called the **Sabbath** day. Today, however, most Christians take their day to rest and worship God on Sunday. They do this because Jesus rose from the dead on Sunday.

We are returning to where we left off before Easter. The Jews, or Israelites, still followed the Sabbath day. The religious leaders were very strict about this. From sunset on Friday to sunset on Saturday, the people were not allowed to do any kind of work. God had made this law to help them have a day to rest. But the Pharisees had taken it too far, making the day a burden to the people. They had to be careful and worry about doing *anything*!

On one Sabbath day, as Jesus and His disciples were traveling, they walked through some grain fields. Grain is used to make food like bread and cereal. As they walked through the field, the followers of Jesus picked the grain off the plants and ate it. Some religious leaders were watching them. They did not like that Jesus' friends were doing that on the Sabbath day. The Pharisees did not like Jesus or believe that He was God's Son. They did not want to change the way they had been doing things. The Pharisees also had many, many rules. They considered what Jesus' followers were doing to be work, so they got upset.

They said to Jesus, "Why are your followers picking the grain? It is against the rules to do that on the Sabbath day." Jesus knew that they were more concerned about keeping the rules than about really loving God with their whole heart. Jesus answered them with a story

that is in the Bible.

“You have heard about King David. One time he and the people with him were hungry. David went inside a church and ate the special bread. The special bread was supposed to only be eaten by the people that worked in the church. David also gave some of the bread to the people with him.” King David was a man that loved God very much. David knew that the people with him were hungry, so he wanted to make sure they were taken care of. David knew it was important to please God, rather than people. He was pleasing God by offering the food to the other men who were hungry.

After Jesus told this story to the Pharisees, he said something else. Jesus said that God made the Sabbath to help people, not to burden them. Jesus also said that He is the Lord of the Sabbath. That means that He is the One to be worshipped *every* day.

When Jesus died on the cross, He took the burden of our sin on Him. We no longer have to be burdened with following rules to receive salvation. We are saved when we believe in Jesus as our Savior and Lord.

#### Review Questions

1. What is the name of the day of rest for the Jews? (Sabbath)
2. Why did the Pharisees (religious leaders) get upset when Jesus’ friends were picking grain? (It was the Sabbath, and they considered picking grain to be work.)
3. How did Jesus respond to their criticism? (He told the story of David eating the special bread; He said He is Lord of the Sabbath.)

#### Prayer Time

Thank God that we can be saved through Jesus, not by following rules. Pray that we will honor God every day.

#### Life Application

When Jesus said that He would give us rest, He was not talking about sleeping. The rest Jesus gives us is a peaceful attitude in knowing that we are not alone. When we come to Jesus, we talk to Him in prayer. We can tell Him about our worries and problems. Then He can help us with them.

It may be hard to let Jesus have some things. We may want to be in control of our lives, even over our problems. But these things can become like a heavy weight that we cannot carry. When we realize that we don’t have to deal with everything on our own, we can ask Jesus to help. And He always will.

What are you holding on to? Maybe it’s anger toward someone who has hurt you. Or maybe you struggle with fear. Let Jesus take these heavy weights from you, and you will find rest and peace.

Planning for Lesson 14  
Parable of the Seeds  
Mark 4:1-20

## **Preschool Lesson for Jesus is Lord of the Sabbath**

*Teachers: Bring bread or crackers to share during the story. Talk about Jesus and His disciples eating grain, which is used to make bread.*

God's chosen people, the Israelites, have always had their day of rest on Saturday. This is called the **Sabbath** day. Today, however, most Christians take their day to rest and worship God on Sunday. They do this because Jesus rose from the dead on Sunday.

On one Sabbath day, as Jesus and His disciples were traveling, they walked through some grain fields. (Make finger motions like walking.) Grain is used to make food like bread and cereal. As they walked through the field, the followers of Jesus picked the grain off the plants and ate it. Some religious leaders were watching them. They did not like that Jesus' friends were doing that on the Sabbath day. These men did not like Jesus or believe that He was God's Son. They did not want to change the way they had been doing things. The leaders thought Jesus' friends were doing work on God's special day, so they got upset.

They said to Jesus, "Why are your followers picking the grain? It is against the rules to do that on the Sabbath day." Jesus knew that they were more concerned about keeping the rules than about really loving God with their whole heart. Jesus answered them with a story that is in the Bible.

"You have heard about King David. One time he and the people with him were hungry. David went inside a church and ate the special bread. The special bread was supposed to only be eaten by the people that worked in the church. David also gave some of the bread to the people with him." King David was a man that loved God very much. David knew that the people with him were hungry, so he wanted to make sure they were taken care of. David knew it was important to please God, rather than people. He was pleasing God by offering the food to the other men who were hungry.

After Jesus told this story to the leaders, he said something else. "God wants people to have a day that they go to church. When you go, it is so you can learn about Him, sing to Him, pray to Him, and show Him that you love Him. But you can do all these things, no matter what day it is. God loves it when people spend time with Him."

When Jesus died on the cross, He took our sin on Him. We are saved when we believe in Jesus as our Savior and Lord.

**Hands-on Activities  
for  
Jesus is Lord of the Sabbath**

Bring things of varying weights, like a hammer, a brick or rock, and a bag filled with rocks or heavy things. Have children see if they can lift each item. If not, help them. Say that Jesus can take our problems and carry them for us. We don't have to carry them alone.

Bring crackers and peanut butter and let each child build their own church like the one that David went into. Bring gummy bears, some small candy, or raisins to represent the people.

Have some of the children pass out snacks. Remind them that just as Jesus and David shared food, they are sharing with each other.

Sing, "Come, and Go with Me, to My Father's House." Talk about how we can invite people to church. We can also help them know how to get to heaven—by accepting Christ.

**Come to me  
and I will give  
you rest.**



**Matthew 11:28**

If you are tired  
from  
carrying heavy  
burdens, come to  
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Matthew 11:28



# Word Search

## Jesus is Lord of the Sabbath

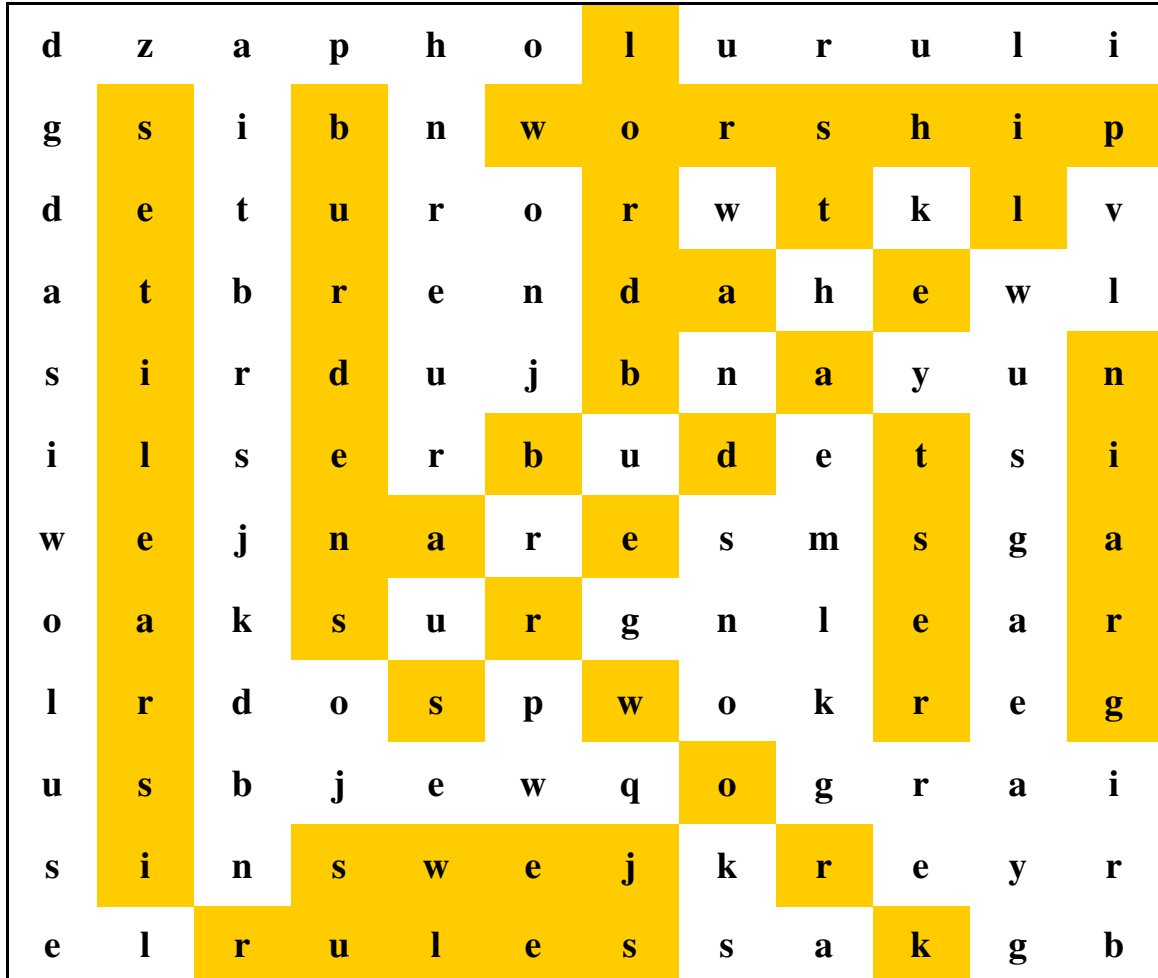
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s	i	n	s	w	e	j	k	r	e	y	r
e	l	r	u	l	e	s	s	a	k	g	b

<b>Sabbath</b>	<b>Jews</b>	<b>Israelites</b>
rest	work	worship
leaders	burdens	grain
Lord	rules	



# Word Search

## Jesus is Lord of the Sabbath



<b>Sabbath</b>	<b>Jews</b>	<b>Israelites</b>
rest	work	worship
leaders	burdens	grain
Lord	rules	

Jesus told the  
Pharisees that  
He is Lord of the

Sabbath