

SANCTUARY, SABBATH, SHALOM

First Presbyterian Church of Bakersfield
2026 Sept-Nov Sermon Series Study Guide

Mark 2:23-27 (NIV)

²³ One Sabbath Jesus was going through the grain fields, and as his disciples walked along, they began to pick some heads of grain. ²⁴ The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"

²⁵ He answered, "Have you never read what David did when he and his companions were hungry and in need?"

²⁶ In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions."

²⁷ Then he said to them, "The Sabbath was made for man, not man for the Sabbath."

Sabbath: Reflecting on Grace

OPEN

- The word "Sabbath" comes from the Hebrew root *shabath*, which means "to rest" or "cease". What makes you feel rested?
- BACKGROUND: In Mark chapter 2, Jesus finds himself in the middle of some controversies about his actions and teachings. They are new and different from what the established leaders are accustomed. Skim Mark 2:1-22. How do the images in verses 21-22 describe the dynamic between the old Jewish way and the new teachings of Jesus?
- Read Mark 2:23-27.

STUDY

- What are Jesus and his disciples doing at the start of this passage and why?
- Why are the Pharisees upset? What is the controversy here? [Note: You can do a "sabbath" wikipedia search for more information about the importance and practice of sabbath for the Jewish people.]
- In verses 25-26, what point is Jesus trying to make from the story, taken from 1 Samuel 21:1-6, and how might that story be received by the Pharisees? [Note: Think about what Jesus might be claiming about himself through that story?]
- What is the new, or clarified teaching about the sabbath, according to Jesus?
- How would you explain the difference between the sabbath being made for humankind and humankind being made for the sabbath?
- What might it mean for you that the sabbath was made for you/us? How can you respond to this gift of grace this week?

PRAY

- Pray in thanksgiving for the gift of rest!