

JESUS

T H E M O S T P O W E R F U L



Remember the Sabbath Day, to keep it holy.

Exodus 20:9



mark

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.

Exodus 20:11



mark

Lord of the Sabbath

**The commandments of God are
for our good and the good of
others.**

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Lord of the Sabbath

Mark 2:23

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²³One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. ²⁴And the Pharisees were saying to him, “Look, why are they doing what is not lawful on the Sabbath?” ...

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mark

²⁵And 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: ²⁶how 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?” ²⁷And he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸So the Son of Man is lord even of the Sabbath.”

¹Again he entered the synagogue, and a man was there with a withered hand. ²And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. ³And he said to the man with the withered hand, “Come here.” ⁴And he said to them, “Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?” But they were silent. ...

⁵And he looked around at them with anger, grieved at their hardness of heart, and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. ⁶The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him.

During this time of reflection:

**What is my attitude toward
God's commandments?**

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