

Connecting Church and Home

Quarter 2, Week 3 :: The Servant and the Law of Rest

Treasure Story: Mark 2:28-3:6

People who exercise religiously value their rest days. They know deep down that their bodies need rest. It does not mean they might not take a walk or do some chores around the house, but they have chosen to take a rest from working out. In our Treasure Story for today, the Pharisees took religion as serious as many do exercise. They, however, failed to see what God truly desired and used religion as a means to justify themselves.

Connect

“Sabbath is not the point. The point of Sabbath is the cross. If you have a day where you’re not doing and you simply are, then on that day you are reminded that you are accepted by God not because of what you do but because of what He did.”

– Matt Chandler, in a sermon entitled “The Path–Part 9: Sabbath,” November 2009

The Pharisees called out Jesus on two occasions because of what He was doing on the Sabbath. Their hearts were so cold and calloused because they were keeping rules just for the sake of keeping rules. Jesus came so that we could have rest. God knew that in our sin we could never work hard enough to earn salvation. Jesus took the toil that we could not bear so that we could have salvation. Here are a few suggestions on how we can better understand God’s command to rest:

- **Finding Rest:** One Saturday, plan to take a rest from the world. But don’t take a rest just for the sake of resting or doing absolutely nothing—take a rest in the Lord. In other words, take a day to rest in the work that Jesus did for us. Remember Him and that what He did we could never accomplish. Let this rest in the Lord refresh your soul as you prepare for worship on Sunday.
- **Silly Rules:** Take some time to research silly laws or silly rules around the world (www.dumblaws.com). As you begin discussing some of the rules, talk about how silly they are. Discuss how some of the rules came into being and if some are still being practiced today. Remind your children how silly the Pharisees were being about the Sabbath. God intended for us to break from our labors and spend time in prayer and worship.

My Mission As Parent

- Did your parents ever have you follow rules as a kid? Do you have rules for your own children now? We have rules set in place for a reason. But if our rules ever contradict the Gospel, then we need to re-evaluate how we implement our rules. If a child ever breaks a rule, we as parents need to bring it back around to a heart issue and point our children to Christ.
- Do you ever find yourself working tirelessly to find God’s favor? After today’s lesson, do you see the futility in your work? God did not intend for us to work for our salvation; He sent Jesus for that purpose. Quit working and trying so hard and let Christ give you rest in knowing He did it all for you.

Prayer Points

- Pray for those who are very religious and seek to earn their salvation but have never truly rested in Jesus.
- Pray that we would not work so hard but have confidence in the finished work of Christ.
- Praise God that He gave us a day to rest but also that He gave us Christ in whom we can rest.