

the gospel of

# MARK

*A Life on Mission*

**Mark 2:23-3:6**

**Exodus 20:8-11**

**Matthew 23:2-4**

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**The Sabbath is for rest.**

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# Sabbath Applications:

## 1. Jesus is our sabbath rest.

Matthew 5:17, Hebrews 4:1-3, 9-11

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**4. Sabbath for yourself, not others.**

Colossians 2:16-17, Romans 14:1, 5, 10-12

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## Your Challenge:

RELAX! Rest in what Jesus accomplished for you on the cross. Take some time to thank God for His finished work on your behalf.

Choose some time to sabbath this week. Use the time to REST and TRUST in the God who's crazy about you!

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