Series: Goodnews
Passage: Mark 2:23-28
Sunday: April 19, 2026

Mark 2:23-28 (ESV)

[23] One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. [24] And the Pharisees were saying to him, "Look, why are they doing what is not lawful on the Sabbath?" [25] And 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: [26] how 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?" [27] And he said to them, "The Sabbath was made for man, not man for the Sabbath. [28] So the Son of Man is lord even of the Sabbath."

1. What is your favorite way of practicing the Sabbath? What gives you the most rest?

2. Why was it unlawful for the disciples to pluck heads of grain on the Sabbath?

3. Read this story of David in 1 Samuel 21:1-6. Why does Jesus mention this example here? What was His point?

4. What do verses 27-28 tell us about the Sabbath? What can we conclude about the purpose of the Sabbath from this passage?

5. What is the difference in following the “letter of the law” or the “spirit of the law”? How does this passage help answer that questions? Which should the church be following? (You may find 2 Corinthians 3:6 helpful).

6. Why do Christians gather for worship on the first day of the week and not on the seventh day?

7. How can you walk in greater rest in the days to come? What tends to interrupt your rest in Christ?