

# Sermon Growth Guide

**June 9, 2024**

**Rest for the Weary - Where Does Healing Begin?**

**Mark 3: 1-12**

**Key Verse:** Mark 3:10

For he had healed many, so that those with diseases were pushing forward to touch him.

**Big Idea:** Our brokenness can only be healed by going to Jesus before anything else.



*rest for the weary*

## Foundations

This Sabbath controversy is the third Sabbath episode so far in Mark. All three events testify to Jesus' claim that He is Lord of the Sabbath. Jesus exercises His lordship, not to abolish Sabbath but to return it to its original roots in creation and its re-creation in the Exodus from slavery.

When the Lord gave the Sabbath command to his people, he was showing them a way to live free of the enslaving demands of a greedy and power-hungry world. It was a way that fostered trust in God to provide all that was needed.

In this account, the words of Jesus have a familiar ring when he says, "Stretch out your hand." It recalls the Sabbath command in Deuteronomy 5:15 in which God says, "Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm." In fact, Some liturgical readings pair this verse with the Mark account because of that connection.

References to God's mighty hand and outstretched arm occur in Exodus, Deuteronomy, and many of the major prophets. But in Mark, Jesus does not stretch out his arm to heal the man. Instead, he asks the man to reach toward Him. On the Sabbath, God stretches out His arm and hand to save us and invites us to stretch out our hand to Him in response. The result is the healing, strengthening and new life we need.

## Understanding God's Word

Psalm 92 is entitled a Song for the Sabbath Day. Verses 12-15 compare the righteous to a flourishing tree. By their lives, the righteous show that the Lord is their rock.

Read Psalm 92 together, then discuss: In what ways does this Psalm help you understand why Jesus, in Mark's gospel, asserts his authority over the Sabbath? What does it say about God's love and care for his creation and the people in it?

## Applying God's Word

Scholar Walter Brueggemann has said: "Sabbath is not simply the pause that refreshes. It is the pause that transforms. Whereas the Israelites [like us] are always tempted to acquisitiveness, Sabbath is an invitation to receptivity." The man with the withered hand stretched it out to receive the healing and new life that Jesus offered. How do you think the example of this man could help you stop using your hands to grasp and open them to receive what God offers?

## Witnessing God's Word

Jim Edwards, in his commentary on Mark says: "Faith is not a private wager but a public risk that Jesus is worthy of trust when no other hope can be trusted." How can you reveal that Jesus is who you trust before all others when you need help and healing?