Mark 2:27-28

> (27) Then 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."
>
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It helps us to understand a little better if we retranslate just one word: The Sabbath was made *on account of* man. Man needs the Sabbath! He needs it physically because he needs to rest (Exodus 20). Over and above that, he needs the Sabbath even more spiritually (Deuteronomy 5:15) to recognize the fact that he has been redeemed. He is no longer in bondage, and he needs to use his time to be prepared for the Kingdom of God, to please God, to grow in the grace and knowledge of Jesus Christ, to maintain the liberty that we have been given, and to grow towards the Kingdom of God.

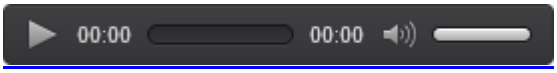
Nowhere does Jesus say that the Sabbath is done away. He does not indicate it at all—anywhere! Thus, when He says that He is "Lord of the Sabbath," He is saying that He has the authority to determine how the day is to be kept. We ought to be able to see—especially from what is recorded in John 5, 7, and 9—that God does not intend the day to be one of loafing around

There may be occasions when that is needed because a person is simply worn out. We need to feel that we have the liberty to "crash" on that day. But if that is occurring to us regularly, we need to ask ourselves, "Why do I need to crash on the Sabbath?" Then, we need to make an adjustment on the other six days. We must repent, so that the day does not have to be used to "crash" —because that begins to profane God's intention for the Sabbath.

He intends the day to be for the good of His spiritual children so that they are prepared for the Kingdom of God and remember why they are here. It can, therefore, be a day of intensive work, but it is work that leads to salvation, getting prepared for the Kingdom of God, and giving service to those in need of salvation. It is through these things that growth and faith in God are promoted.

— John W. Ritenbaugh

To learn more, see:
The Fourth Commandment (Part 3)



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