

September 18, 2022

Jesus is Our Sabbath Rest

John 5:1-19

Jesus' healing of the lame man at the Pool of Bethesda immediately creates conflict with the ruling Jewish authorities. However, the conflict arises from an unexpected objection. The authorities are mad because Jesus healed the man on the Sabbath. Jesus broke the extra man-made Sabbath rules imposed on the people, not God's Sabbath regulations. Jesus demonstrates then His authority over the Sabbath which makes Him uniquely qualified to be our Sabbath rest.

Additional Verses:

Genesis 2:2-3

Exodus 20:8-11

Psalms 24

Isaiah 6:3, 58:13-14

Matthew 11:25-28, 23:2-4

Mark 2:27

Hebrews 4

Outline:

1. Jesus confronts erroneous Sabbath teachings.

2. Jesus is Lord of the Sabbath.

3. Jesus is our Sabbath rest.

Study Questions:

1. What were the reasons behind the extra regulations for the Sabbath? What is the result of those extra regulations?

2. How does Jesus correct the false Sabbath teachings of the Pharisees? Why does Jesus have this authority?

3. How is Jesus healing the lame man a demonstration of His authority over the Sabbath? Why has God never ceased to work?

4. How is Jesus our Sabbath rest? What rest remains for believers? How does our rest in Jesus now point forward to our future rest?

5. How is the Holy Spirit leading you to respond to God today?