

# WELL-INTENTIONED PEOPLE HAVE MADE A LOT OF DUMB RULES!

Mark 2:23-24

One Sabbath Jesus was going through the grain fields, and as His disciples walked along, they began to pick some heads of grain. <sup>24</sup> The Pharisees said to Him, "Look, why are they doing what is unlawful on the Sabbath?"

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Deut. 23:25

If you enter your neighbor's grain field, you may pick kernels with your hands, but you must not put a sickle to his standing grain.

# WELL-INTENTIONED PEOPLE HAVE MADE A LOT OF DUMB RULES!

- If you write something, one letter is okay, but two is work.
- You may carry a load that weighed as much as a fig.
- You may not take a bath, because if water spills out it washes the floor.
- Women, don't look in a mirror or you'll be tempted to pluck a grey hair.
- If your animal fell into a well, you could pull it out. However, if someone was sick and in need of medicine, you're out of luck.

#### WE <u>BELIEVE</u> THAT FOLLOWING THESE RULES MAKES US SOMEBODIES.

- If I keep these rules, then I am accepted/loved by God.
- If I am accepted by God, then I must be a pretty good person.
- If I am a pretty good person, then my life will go well.

#### WE <u>BELIEVE</u> THAT FOLLOWING THESE RULES MAKES US SOMEBODIES.

- If my life <u>is not</u> going well, then I must not be a pretty good person.
- If <u>I am not</u> a pretty good person, then I must not be accepted by God.
- If <u>I am not</u> accepted by God, then I must be doing something wrong.
- If I am doing something wrong, then <u>I am a</u> good-for-nothing failure.
- If I am a failure, I must figure out which rule
   I am breaking and fix it!

#### WE <u>BELIEVE</u> THAT FOLLOWING THESE RULES MAKES US SOMEBODIES.

"Do you ever feel like you're just not good enough or a disappointment to God and always striving to be more before you can rest in Him? I always need to be better, do more, pray more, etc., etc. It's a lie! Jesus died for me on the cross so I could rest in Him. By faith, not works. Here's to shutting down and letting Him love me where I am today."

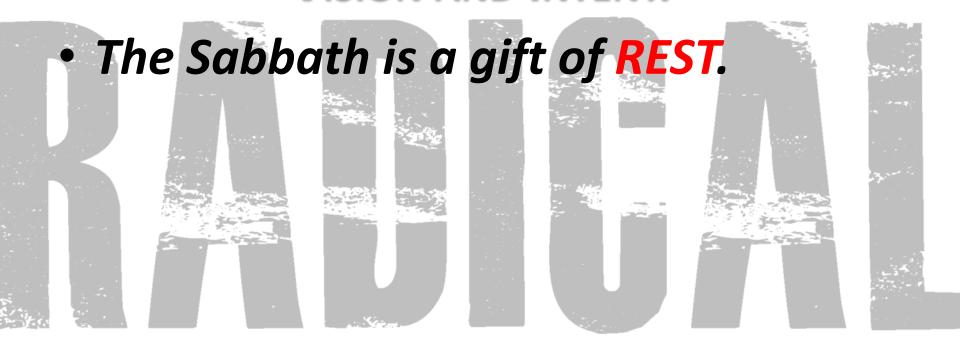
## WE <u>BURDEN</u> OTHERS WITH OUR EXPECTATIONS.

Luke 11:46

"... you experts in the law, woe to you, because you <u>load people down</u> with burdens they can hardly carry, and you yourselves will not lift one finger to help them."

Mark 2:27

"The Sabbath was made for man, not man for the Sabbath. <sup>28</sup> So the Son of Man is Lord even of the Sabbath."



The Sabbath is a gift of REST.

**Exodus 20:11** 

For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but <u>He rested</u> on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

- The Sabbath is a gift of REST.
- The Sabbath is a catalyst for

RENEWAL.

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- The Sabbath is a catalyst for RENEWAL.

#### Leviticus 23:3

"There are six days when you may work, but the seventh day is a Sabbath of rest, a day of sacred assembly ... it is a Sabbath to the LORD."

- The Sabbath is a gift of REST.
- The Sabbath is a catalyst for
  - RENEWAL.
- The Sabbath is essential to REFOCUS.