

## **“The Lord of Sabbath”**

Rev. Erika Martinez-Flores  
Mark 2.23-3.6  
June 2, 2024.  
Westby UMC & Viroqua UMC

We have noted that in the gospel of John, Jesus Christ reveals himself as “I am.” Jesus said: “I am the bread of life”, “I am the light of the world”, “I am the door”, “I am the good shepherd”, “I am the true vine”, “I am the resurrection and life”, “I am the way, the truth and the life”.

But by referring to himself in the third person, he revealed other very important facets, as the Gospel of Mark records: “Therefore the Son of Man is also Lord of the Sabbath” (Mark 2:28). A Greek expression that denoted power, authority and dominion over a subject.

The topic he was referring to was the Sabbath, the seventh day, a term that originates from a Hebrew verb that means to stop or abstain from something. God had given a loving instruction to human beings: to pause after six days of work and personal activities, to enjoy a special 24-hour interval, from sunset on Friday to sunset on Saturday, created by him for our spiritual, mental, emotional and physical well-being.

However, most who profess to follow Jesus do not observe the weekly holy day that he observed and of which he declares himself Lord. Have you noticed that the authors of the four Gospels talk more about what Christ taught about the Sabbath than about any other specific topic?

Instead of abolishing the Sabbath commandment or transferring its observance to another day of the week, as many believe. What Jesus does is censure the misuse of the Sabbath. Religious leaders had added extrabiblical rules to it that made it seem like a burden rather than the loving blessing God initially intended it to be.

A new covenant disciple grows in the understanding that observing the Sabbath, the seventh day, is related to Jesus' statement, "I am the way, the truth, and the life." How many people have simply lost their way in life? The Sabbath, the seventh day, is like a compass pointing out what God has done in the past and why, what He is doing now in the present and how, and the incredible future He has planned for all who are made to live. his image and likeness.

By his enormous grace, God grants us this period of time as an anchor, helping us stay the course to hear the call that Christ makes to us: "Follow me."

The Sabbath, or seventh day, reminds us of where and from whom we come. This weekly period that God established takes us back to our roots, reminding us that we were created for a purpose and not simply by an evolutionary accident. It reminds us of the truth that we are not alone, that we worship an amazing and loving Creator who does not want us to live by mere accident, but rather to live a life filled with purpose and designed to honor Him, glorify Him, and love our neighbors.

Jesus himself is the creator of the Sabbath on behalf of the Father. Thomas Wright described it on Saturday as: "The Sabbath is the day when human time and God's time coincide, when the routine of tasks and afflictions are laid aside and a different kind of time is entered upon, celebrating the original Saturday and looking forward to the definitive one."

Sabbath it's the natural time to celebrate, worship, pray and study the law of God. If the Temple was the place where the sphere of God and the human sphere were related, the Sabbath was the moment when God's time and human time coincided. original.

Those who understand that a holy God has given a holy people a holy day for a holy purpose have understood that the Sabbath, the seventh day, is the sign of a relationship between the God of creation and a called and liberated people.

Only God can sanctify things but, as the fourth commandment says, we must “remember the Sabbath day to keep it holy,” as we seek to experience the presence of God within this temple in time.

The seventh day helps us understand what God is doing here and now. The Sabbath is not linked only to the original creation, but to a liberating God who not only created the universe but continues to intervene in human history, now to free an enslaved people, granting them freedom and making them new and holy for Himself (Leviticus 11:44).

The observance of this commandment is a weekly reminder of the time of transition from a “life of slavery” to a fulfilled life for a sustaining Creator, who is not only the originator of creation but the continuing Sustainer of his divine purpose for humanity.

Jesus, the Lord of the Sabbath, is now our Master, and therefore we are free from the penalty of sin and its dominion; free to love God and those who have been created in his image, free to use the power of love.

Every seven days, once a week, we can rest from our physical labors and the pressure of a stressful society, and set aside time to nourish ourselves with the Word of God and present ourselves before Him in worship, praise and songs, thus honoring the Lord of the Sabbath, our Lord.