



The Notes

SUNDAYS ARE BACK

**Part 1: "Sundays Are, Like,
Kind of a Big Deal"**
September 4, 2022
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"Another time, on a Sabbath day as Jesus and his disciples were walking through the fields, the disciples were breaking off heads of wheat and eating the grain. Some of the Jewish religious leaders said to Jesus, 'They shouldn't be doing that! It's against our laws to work by harvesting grain on the Sabbath.'

But Jesus replied, 'Didn't you ever hear about the time King David and his companions were hungry, and he went into the house of God—Abiathar was high priest then—and they ate the special bread only priests were allowed to eat? That was against the law too. But the Sabbath was made to benefit man, and not man to benefit the Sabbath. And I, the Messiah, have authority even to decide what men can do on Sabbath days!'" Mark 2:23-28 (TLB)

I GET WHAT A BIG DEAL SUNDAYS ARE WHEN I START...

1. ...GETTING _____ ABOUT TAKING
THEM _____

*“On the seventh day—with the canvas of the cosmos completed—God paused from His labor and rested. Thus God blessed day seven and made it special—an open time for pause and restoration, a sacred zone of Sabbath-keeping, because God rested from all the work He had done in creation that day.” **Genesis 2:2-3** (TVB)*

*“You and your family are to remember the Sabbath Day; set it apart, and keep it holy.” **Exodus 20:8** (TVB)*

*“Jesus traveled to Nazareth, the town where he grew up. On the Sabbath day he went to the synagogue as he always did. He stood up to read.” **Luke 4:16** (ERV)*

2. ... _____ THEM AS _____ AS I'M SUPPOSED TO.

“You and your family are to remember the Sabbath Day; set it apart, and keep it holy. You have six days to do all your work, but the seventh day is to be different; it is the Sabbath of the Eternal your God. Keep it holy by not doing any work—not you, your sons, your daughters, your male and female servants, your livestock, or any outsiders living among you. For the Eternal made the heavens above, the earth below, the seas, and all the creatures in them in six days. Then, on the seventh

day, He rested. That is why He blessed the Sabbath Day and made it sacred.” **Exodus 20:8-11** (TVB)

3. ... _____ **ALL THAT THEY ARE CREATED TO _____.**

“God has chosen you and made you his holy people. He loves you. So your new life should be like this: Show mercy to others. Be kind, humble, gentle, and patient. Don’t be angry with each other, but forgive each other. If you feel someone has wronged you, forgive them. Forgive others because the Lord forgave you. Together with these things, the most important part of your new life is to love each other. Love is what holds everything together in perfect unity. Let the peace that Christ gives control your thinking. It is for peace that you were chosen to be together in one body. And always be thankful. Let the teaching of Christ live inside you richly. Use all wisdom to teach and counsel each other. Sing psalms, hymns, and spiritual songs with thankfulness in your hearts to God. Everything you say and everything you do should be done for Jesus your Lord. And in all you do, give thanks to God the Father through Jesus.”
Colossians 3:12-17 (ERV)

“Jesus went into the synagogue again and noticed a man with a deformed hand. Since it was the Sabbath, Jesus’ enemies watched him closely. If he healed the man’s hand,

they planned to accuse him of working on the Sabbath.

*Jesus said to the man with the deformed hand, 'Come and stand in front of everyone.' Then he turned to his critics and asked, 'Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?' But they wouldn't answer him. He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, 'Hold out your hand.' So the man held out his hand, and it was restored!' **Mark 3:1-5** (NLT)*