

Re.Mark.Able Study
Week 3, Day 1

Hello River Valley Friend and Family. This week we will return to our prep for our new Re.Mark.Able series.

Prayer: Lord, thank you for another opportunity to study Your word and to learn more about You. Please speak to me and open my heart and mind to hear what You have to say today.

As you read the following verses, answer the following questions and then compare your answers with those that follow.

Who is in the text?
What is happening in the text?
When does the story take place?
Where does the story take place?
Why is this story in the Bible?
How does this story relate to me and my life?

Mark 2:18-22 New International Version (NIV)

18 *Now John's disciples and the Pharisees were fasting. Some people came and asked Jesus, "How is it that John's disciples and the disciples of the Pharisees are fasting, but yours are not?"*

19 *Jesus answered, "How can the guests of the bridegroom fast while he is with them? They cannot, so long as they have him with them. **20** But the time will come when the bridegroom will be taken from them, and on that day they will fast.*

21 *"No one sews a patch of unshrunk cloth on an old garment. Otherwise, the new piece will pull away from the old, making the tear worse. **22** And no one pours new wine into old wineskins. Otherwise, the wine will burst the skins, and both the wine and the wineskins will be ruined. No, they pour new wine into new wineskins."*

Who: Jesus, also referred to as the Bridegroom, His Disciples, Pharisees, John's disciples

What: The Pharisees are questioning Jesus about fasting.

When: 29 A.D., The Sabbath

Why: The Pharisees were trying to 'catch' Jesus doing something wrong. Jesus shows us in this text that the old is not compatible with the new. He wants our hearts to be

ready to accept 'new' learning and growth through Him. We grow when we discard the old and bring in new knowledge.

How: (This answer should be personal to each individual.)

Prayer: Lord, please help me to have a heart ready for you to mold and make new every day. Let me be ready to accept whatever You have for me and to make the changes I need to make in my life to accommodate the new.

Re.Mark.Able Study
Week 3, Day 2

It's All In the Timing

Prayer: Lord, please help me to hear from you today and understand the message you have for me.

Mark 2:18-20

18 Now John's disciples and the Pharisees were fasting. Some people came and asked Jesus, "How is it that John's disciples and the disciples of the Pharisees are fasting, but yours are not?"

19 Jesus answered, "How can the guests of the bridegroom fast while he is with them? They cannot, so long as they have him with them. 20 But the time will come when the bridegroom will be taken from them, and on that day they will fast."

In the above verses, the Pharisees are more worried about what Jesus and His disciples are doing than what they themselves are supposed to be doing. There were no laws given to the people regarding fasting at this time. God gave seven feasts for His people to observe but no mandate for fasting.

Ecclesiastes 3:1

*To everything there is a season,
A time for every purpose under heaven:*

We often get caught up in what everyone else is doing and forget what we should be focusing on. The Pharisees fasted two times a week to show how holy they were, not to focus on their relationship with God. They were doing it wrong. Then, they questioned Jesus about not following along.

As we start this new season, do you have a plan for your family? Is your plan based on what God has for you and your family and not on what you THINK you should do in

comparison to others? Are you ready for the 'new' things that God will show you in the coming season?

Mark 2:21-22

*No one sews a patch of unshrunk cloth on an old garment. Otherwise, the new piece will pull away from the old, making the tear worse. **22** And no one pours new wine into old wineskins. Otherwise, the wine will burst the skins, and both the wine and the wineskins will be ruined. No, they pour new wine into new wineskins."*

What old habits or ways of thinking do you need to get rid of to prepare for the new?

Prayer: Lord, please guide me in developing a plan for my family that will honor You.

Re.Mark.Able Study

Week 3, Day 3

Prayer: Lord, please help me to examine how I use the time you have given me to Your glory. Help me to learn how to make the most out of my week, including the Sabbath.

As you read the passages below, look for the answers to the questions below:

Who is in the text?

What is happening in the text?

When does the story take place?

Where does the story take place?

Why is this story in the Bible?

How does this story relate to me and my life?

23 *One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. **24** The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"*

25 *He answered, "Have you never read what David did when he and his companions were hungry and in need? **26** In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions."*

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."*

Who: Jesus, His Disciples, Pharisees, King David and his men, Abiathar the high priest

What: The Pharisees are trying to 'catch' Jesus doing work on the Sabbath.

When: On the Jewish Sabbath day, a Saturday

Where: A grainfield

Why: The Sabbath was created for man to rest. The Pharisees took the commandment of keeping the Sabbath and created a large number of laws that the common person found very difficult to follow. The Pharisees were distorting the law to try and make Jesus and His disciples guilty of breaking the Sabbath laws. Jesus explained to them that human life is more important than a law that was unreasonable to observe in their situation.

Prayer: Lord, help me to look beyond rules and regulations to people and what is needed. Help me to not be so rigid in enforcing rules that I neglect taking care of people and their needs.

Re.Mark.Able Study

Week 3, Day 4

Prayer: Lord, please help me block out all of the distractions and focus on You and what you would have me to learn today.

Below are the verses we will be referring to in today's study.

Mark 2:23 *One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. 24 The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"*

25 *He answered, "Have you never read what David did when he and his companions were hungry and in need? 26 In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions."*

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."*

Genesis 2:3*New King James Version (NKJV)*

3 *Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.*

1 Samuel 21:1-6*New King James Version (NKJV)*

21 Now David came to Nob, to Ahimelech the priest. And Ahimelech was afraid when he met David, and said to him, "Why are you alone, and no one is with you?"

2 So David said to Ahimelech the priest, "The king has ordered me on some business, and said to me, 'Do not let anyone know anything about the business on which I send you, or what I have commanded you.' And I have directed my young men to such and such a place.

3 Now therefore, what have you on hand? Give me five loaves of bread in my hand, or whatever can be found."

4 And the priest answered David and said, "There is no common bread on hand; but there is holy bread, if the young men have at least kept themselves from women."

5 Then David answered the priest, and said to him, "Truly, women have been kept from us about three days since I came out. And the vessels of the young men are holy, and the bread is in effect common, even though it was consecrated in the vessel this day."

6 So the priest gave him holy bread; for there was no bread there but the showbread which had been taken from before the Lord, in order to put hot bread in its place on the day when it was taken away.

In Mark 2:23-28, there are two Biblical concepts presented. Today we will study the Jewish Sabbath which is the Saturday, end of the work week, rest from work day. Tomorrow we will discuss the Christian Sabbath.

As shown in Genesis 2:3 above, God rested from work on the seventh day. The Pharisees interpreted this to mean no work whatsoever was to be done. When the Pharisees saw the disciples pick the grains of wheat, they confronted Jesus. He referred to the story of David in 1 Samuel 21:1-6. This example shows that we cannot be so tied to rules that we neglect to do what is necessary.

We also cannot work every day without rest. We need to declare a day of rest in our busy lives and stick to it. Do you trust God enough to take a day off of all work and totally turn it over to Him? Sometimes we just need to set up clear boundaries with our supervisors or coworkers to make this work a lot better. Once we have the boundaries in place, it is much easier to resist the urge to check our email or return just one text or phone call.

What do you need for personal replenishment? God created us all as unique individuals so we all have different ways of accomplishing this. Some may be rejuvenated by physical activity while others enjoy physical rest. What helps you to re-boot and replenish?

Do you have a planned Sabbath; a specific day where you rest and replenish from a week of hard work and accomplishments? Some of us have a Monday through Friday work week and Saturday is our natural Sabbath. Others do not have a typical work week and need to designate another day as their Sabbath. As Cody has said, if we have a plan in place, we

have a much better chance of being successful. Your challenge for today is to specify a day and identify activities that will be rejuvenating to you.

Prayer: Lord, please help me to create healthy boundaries in my life. Please help me to plan a day of rest with You doing what I enjoy.

Re.Mark.Able Study
Week 3, Day 5

Prayer: Lord, please speak to me today and help me to hear what it is that You have for me to learn.

Mark 2:28 *So the Son of Man is Lord even of the Sabbath.*

Acts 20:7 *Now on the first day of the week, when the disciples came together to break bread, Paul, ready to depart the next day, spoke to them and continued his message until midnight.*

Yesterday we talked about the Jewish Sabbath so today we will focus on the Christian Sabbath which is Sunday, Resurrection Day. We consider every Sunday to be Easter at River Valley. Cody explained that we can count on eight things from Jesus if we make Him the Lord of the Sabbath.

- 1 Connection
- 2 Rejuvenation
- 3 Inspiration
- 4 Insight
- 5 Power
- 6 Courage
- 7 Resurrection
- 8 Life

Do you experience these eight things when you attend River Valley. Do you have a plan for attending services regularly? Have you made the decision to go to church every week or do you wait to see if you feel like it each Sunday morning? As Cody said, feelings will always trump decisions unless we have pre-made the decision to commit to attending each Sunday morning.

Most Americans use Saturday and Sunday as their rest and relaxation. That is only the start; we must add a second part....worship. We are called to meet together and be in relationship with Him each week. The best starting point is to make Jesus the Lord of the Sabbath. The way we do that is by worshipping Him.

What stuck out during this week's study? What goals have you made as a result of your time spent studying His Word and listening to the Holy Spirit guide you? Don't forget to share your learning and goals with someone who will help hold you accountable and focused on your goals.

Prayer: Lord, thank You for Sunday mornings at River Valley. I thank you that I live in America where I am free to meet with other believers without persecution and for the honor and privilege of praising and worshiping You.