

**May 24, 2026**

**Christian Rhythms of Life**  
**Mark 2:18-28**

**LESSON AIM:** To recognize that Jesus replaces legalistic, performance-based religion with a joyful, relationship-centered faith in himself.

**KEY VERSE:** He said to them, "The Sabbath was made for man, not man for the Sabbath. So, the Son of Man is Lord even of the Sabbath."

~ **Mark 2:27-28**

**CONCEPTS:**

1. Fasting shifted from legalistic duty to a voluntary expression of love and longing for Christ. (vv. 19-20)
2. New truth won't fit into old habits; the Spirit invites us into a renewed way of thinking. (vv. 21-22)
3. The Sabbath is meant to enhance life through rest, spiritual reflection, and love—not to be a burden. (23-27)
4. Jesus is sovereign and reigns over all things! (v.28)

Special Note: Our actions should reflect God's presence, love and compassion, valuing people's needs over rigid rule-keeping.

**NOTES**