



White Space | Angela Randall | Feb 7 & 11

Mark 2:23-28 (NLT)

One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat. But the Pharisees said to Jesus, “Look, why are they breaking the law by harvesting grain on the Sabbath?” Jesus said to them, “Haven’t you ever read in the Scriptures what David did when he and his companions were hungry? He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions.” Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!”

Resting is a sign of TRUST.

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