

**Mark Session 5**  
**“Real Rest”**  
**Chapter 2:23-3:6**

A. The Sabbath day was originally \_\_\_\_\_.

At the Council of Laodicea (A.D. 336) the Catholic Church changed the observed Sabbath from Saturday to Sunday.

B. The Old Covenant is a \_\_\_\_\_ a the New Covenant.

C. The Sabbath signified two things: 1. \_\_\_\_\_, and 2. \_\_\_\_\_.

•**Genesis 2:2-3** “By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”

•**Colossians 2:16-17** “Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.”

•**Colossians 3:17** *“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”*

D. People struggle with the \_\_\_\_\_ of Christ

E. Real rest comes in realizing completion and consecration.

•**Hebrews 4:10** For anyone who enters God’s rest also rests from his own work, just as God did from his.

**In order to pleasing God...we don’t need more work. We need more willingness.**

**Matthew 11:28** “Come to me, all you who are weary and burdened, and I will give you rest.”