### Scripture Reading

#### Mark 3:1-6 (NIV)

<sup>1</sup> Another time he went into the synagogue, and a man with a shriveled hand was there. <sup>2</sup> Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. <sup>3</sup> Jesus said to the man with the shriveled hand, "Stand up in front of everyone." <sup>4</sup> Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent. <sup>5</sup> He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored. <sup>6</sup> Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

## 1) God made you alive with Christ

#### **Colossians 2:13-15 (NIV)**

<sup>13</sup> When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ. He forgave us all our sins, <sup>14</sup> having canceled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross. <sup>15</sup> And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

# 2) Don't cross plus

### **Colossians 2:16-17 (NIV)**

<sup>16</sup> 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. <sup>17</sup> These are a shadow of the things that were to come; the reality, however, is found in Christ.

"The center of salvation is the Cross of Jesus, and the reason it is so easy to obtain salvation is because it cost God so much." Oswald Chambers

# 3) A quick word on the <u>sabbath</u>