



## And That Day Was the Sabbath

Mark 2:23 – 3:6

📖 The Sabbath was for man's benefit

📖 Jesus is Lord of the Sabbath

📖 We need a day to be refreshed

📖 I should honor the Lord's day

📖 Sunday is a day to serve

📖 The Christian life is about helping others

📖 Sacred things have value when used for men