

## **Stretch Out Your Hand**

Mark 2:23 – 3:12

by Don Falkos

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One Sabbath Jesus and his disciples were walking through a grain field. The disciples started picking heads of grain. Some Pharisees saw what they were doing and said, "Why are you harvesting grain. You're not supposed to do that on the Sabbath."

Jesus replied, "Don't you know what David did when he and his men were hungry? He went into the House of God and took the bread from the altar, bread that only the priests were supposed to eat. David not only ate that bread himself but gave some to his men as well. The Sabbath was made for mankind, not mankind for the Sabbath."

On another Sabbath Jesus was teaching in a synagogue where there was a man with a shriveled hand. Some Pharisees were watching Jesus closely, hoping to catch him breaking some Sabbath regulation. Jesus said to the man with the shriveled hand, "Stand here in front of everyone."

Then Jesus said, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?"

There was no response. Jesus looked at the people in anger because of their stubborn hearts and then said to the man, "Stretch out your hand." The man stretched out his hand and it was completely normal. The Pharisees went out and began plotting about how they might kill Jesus.

Jesus and his disciples went over to the Sea of Galilee. They were followed by a huge crowd of both Jews and Gentiles from near and far. Sick people pushed forward trying to touch Jesus, hoping to be healed. Whenever those possessed by evil spirits saw him, they threw themselves down in front of him and cried out, "You are the Son of God." But Jesus gave them strict orders not say who he was.