

Small Group Guide

Mark 2:23-3:6

From the sermon - Sabbath



And he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath."

Mark 2:27-28

Discuss

1. Why were the Pharisees so upset when they saw Jesus' disciples plucking grain and Jesus Himself healing a man on the Sabbath? Genesis 2:1-3 and Exodus 20:11 set the foundation for the Jewish principle of the Sabbath.
2. When, if ever, is it unlawful to do good? When does doing good become work?
3. Read Mark 2:27-28 and discuss what these verses mean after hearing the sermon.
4. What is the importance of rest as it correlates to God's command to keep the Sabbath Holy? How might not resting harden your heart against God?
5. How can your physical exertion affect your spiritual well-being and distract you from being focused on God?
6. With all of this in mind, what are ways that you may be working too much and not taking the time to rest? What can you do to change that?

Pray

Pray that God opens your eyes to the areas of your life where you may be too busy and ask Him to help you find that time to truly rest and take a Sabbath

Next small group meets February 3rd