

Life Group Discussion Questions

Sunday, August 28th, 2016

1. Where or how do you tend to find rest in your life? How important is this to you in your life?

Digging Deeper:

1. Read Mark 2:23-28- What are some things that stand out to you from these verses?
2. What was Jesus' response to the Pharisees? (2:25-26) According to him, why were both David and Jesus' disciples justified in breaking the Sabbath restriction?
3. What do you think is the meaning of verses 27-28 – Then 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."
4. Read Mark 3: 1-6- What are some things that stand out to you from these verses?
5. How would you answer Jesus' question in verse 4? Are there any ways in which Christians today put rules ahead of people?

Life Application:

1. What do you think an ideal Sabbath should look like? What practices should take place? What areas in your life do you need to rest from or need be restored? (approval, success, achievement, etc?)
2. How is a day of rest, set aside to honor God, still a good idea for us? What are some of the benefits of it?
3. What are some of the possible results of neglecting taking a Sabbath in our lives?
4. "Religion is what you can DO. Christianity is what has been DONE." What does this statement mean to you personally?
5. The Gospel states that you are more sinful than you thought yet more loved than you ever knew. In what ways do you struggle with knowing that you are loved by God?

Spend some time praying for each other.