

**Mark**  
**The Rest**  
**Mark 2:23-3:6**

**TALK IT OVER**

**Passages**

23 One Sabbath he was going through the grain fields, and as they made their way, his disciples began to pluck heads of grain. 24 And the Pharisees were saying to him, "Look, why are they doing what is not lawful on the Sabbath?" 25 And he said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him: 26 how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?" 27 And he said to them, "The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is lord even of the Sabbath." 3 Again he entered the synagogue, and a man was there with a withered hand. 2 And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. 3 And he said to the man with the withered hand, "Come here." 4 And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent. 5 And he looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. 6 The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him." – Mark 2:23-3:6 (ESV)

More of God's truth all week long at the "Renewal Church Denver" app or "St. John's Denver" app in your app store.

**Start Talking: Find an announcement or mission for your group. (15 Min)**

- October 1<sup>st</sup> Trivia Night at Wash Park Campus

**Head: Start Thinking about the Text. Ask a question to get your group thinking. (10 Min)**

- Was there any one thing that you most agreed with or disagreed with from last week's message? What was it and why?
- The sermon text was Mark 2:23-3:6 and can be found on the left-hand side. To keep the study fresh please read Matthew 11:25-30 in your Bible for your life group main text.
- What is Jesus saying in Matt 11:28? In what ways can He give us that?
- What do you think Jesus means when He says, "My yoke is easy, and my burden is light?"

**Heart: Start Sharing how the Text is shaping our beliefs. Choose a question to create openness. (10 Min)**

- How is Sunday a Day set part for the Lord for you to recharge spiritually and emotionally?
- What spiritual disciplines do you use to rest (such as prayer, journaling, worshipping, etc.)?
- Are you in control of your work schedule or is your work schedule in control of you?

**Hands: Start living the Text. Commit to believing or obeying the text this week. (10 Min)**

- Rest in the fact that God has already defeated sin, death, and the devil. Remember that the major War has already been won.
- What spiritual disciplines such as (prayer, journaling, meditating on scripture, etc.) or healthy rhythms (such as exercising, reading, walking, etc.) would you like to use to rest moving forward?

**Start Praying. Be bold and pray with power. (15 Min)**

- For suggestions on structuring prayer time, see the *Group Prayer Ideas* page in this packet.

**Trios: Split into same-gender groups of three. Pick a question. (15 Min)**

1. Who is one non-believer or someone without a church home that you need to reach out to this week?
2. What kind of conversations are you having with people you are reaching out to?
3. Is there anything God is leading you to repent of?
4. What's a passage of scripture that has impacted you this week? Read it to the group and explain why.
5. What's something you'd like someone else to check in with you about this week?
6. Pray for one another.