# community group questions

**October 18, 2026**

**On Your Mark...**
**“Lord of the Sabbath”**
**Ahren Cahoon**

**Getting started:**

What is something new and exciting (even if it’s a bit scary) that is going on in your life?

What is something that has been around a while that remains heavy on your heart? How can we join you in lightening that load?

Have you ever tried to repair or adapt something old, only to realize it would have been better to start fresh? What happened? We all have routines, traditions, and ways of doing things that feel comfortable. Why do you think we sometimes resist change, even when we recognize it might be good for us?

**Getting into the Bible**

**Read Mark 2:18–20**
Jesus compares His presence to a wedding celebration. Why would it be inappropriate to fast at a wedding reception? What might it communicate to the bride and groom? What was Jesus communicating about His arrival?

**Read Mark 2:21-22**
Notice that Jesus isn't necessarily saying the old garment or wineskin was bad. It had served its purpose. But it wasn't suited for what was coming.

Let’s say we hired a 22yr old Bible Seminary Graduate, who was at the top of their class, to run a ministry for your 55+ congregants. What might the results be? (Take some time to talk through the possibilities) Do you think everything they did before the hire was bad? Do you think every idea the 22yr old has was wrong? What might have been the answer?

How might the new patch & new wine mini-parables apply to us in the following:

Old relationships - Old spiritual practices - Old grudges - Old identity

**Read Mark 2:23–28**
Jesus says, "The Sabbath was made for man, not man for the Sabbath" (v. 27, ESV). What does this statement reveal about God's intentions for the Sabbath? How had the religious leaders lost sight of that purpose? What does it reveal about Jesus' identity and His authority over religious traditions and practices?

**Getting the Bible into Us**

In our time, we practice Sabbath largely on Sundays. Think about the majority of your Sundays over the past 3 months……do your schedules give proof that Jesus is ‘Lord of the Sabbath’? (Ahren says, ‘Sorry/Not sorry about that last one.) With that reflection, what will you do in the next 3 months?

Which of the following 4 areas do you need to spend some time on this week? Old relationships - Old spiritual practices - Old grudges - Old identity?

Who is God placing in your life & impressing on your heart, that you could share some of this with?

