



## Message Devotional & Discussion Questions

6/23/2024

**MESSAGE:** Jesus Lord of the Sabbath/All

**WEEK#4**

**SERIES:** Jesus Story: Hurts, Healing & Heresy

**COMMUNICATOR:** Pastor Jeffrey Portman

**CHECKIN' IN:** How is your week? What was one of the highlights? Share wins (things God did that moved his mission forward and you closer to Jesus). What did you put into practice from last week's Devotional & Discussion?

**THINK, DISCUSS, LIVE:** These questions work well individually or in a group setting to encourage spiritual growth, engage in biblical community and live it in the world around you.

1. What is one task or project you would like to tackle this summer? Why is it important that you complete this task or project? What is one restful thing you would like to experience this summer? When and how will you achieve this restful experience?
2. How do you keep the main thing in life the main thing? What does that look like for you?
3. Read Exodus 20:8-11. How do you define the word holy? How can you or how do you apply your definition of holy when it comes to daily living your life? How do you apply your definition to keeping the Sabbath holy?
4. On a scale of 1-10, 10 being highest, how well are you keeping the Sabbath? What does Sabbath keeping look like to you? How can you best observe the Sabbath this week?
5. Read John 5:5-13. Why do you think Jesus went to this particular place and spoke with this specific person? We need to be on the lookout for those who need the healing of Jesus emotionally, spiritually, and physically. Who do you know needs you to be Jesus bringing peace, comfort and healing into their life?
6. Look again at John 5:6-7. What excuses do many people use when Jesus offers His healing, forgiveness, peace, restoration and or salvation? What excuses do you give Jesus as he offers you everything you need? What area do you need the healing, comfort, forgiveness, restoration, power and peace that Jesus offers you? Take time to pray for those areas.
7. What has Jesus told you to do? I.e. What area/s do you need to "get up and walk" in a truth, a healing, a victory and or a ministry that God offers you? What role does obedience play in you carrying out the task or change Jesus requires of you?
8. "Religion wants to bust people but relationship's want to bless people." In what areas do you see people focusing on religious rules and regulations? Do you ever find yourself caught up in religious rules and regulations? Please explain. How does having a daily and growing relationship with Jesus free us from religion.?
9. Read John 5:19-20. What do you see Jesus doing in or around your life lately? How can you partner with Jesus in what you see God doing? What is the promise in verse 20? Discuss what the possibilities are if you live and apply this verse?



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10. **TRUTH DEMANDS A RESPONSE!** What is one action step you will take this week in response to our discussion or nudge from the Holy Spirit? Be specific.

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**2024 TRANSFORMATION CHALLENGE:** We have created some resources to help you grow. Check out the *Experience God* page. Go to [canvas.church/experience-god](https://canvas.church/experience-god) or *Experience God* on the Canvas App., read the "Make Me Better" section, start a new discipline, try a new Bible engagement tool, or help someone go further on their faith journey. Let us know how it's going.

### INDIVIDUAL AND GROUP PRAYER OPTIONS:

**Challenge yourself and or your group to pray out loud. It may just be a sentence or two of something you thank God for, or ask God to bless and answer someone's prayer request.**

1. We pray because we believe God can and will answer our prayers.
  2. We pray for each other out of obedience to God and out of love for each other.
  3. We pray out loud for each other so everyone will be blessed and encouraged.
- **Prayer Question:** "What's going on in our lives that we can involve Jesus?"
  - **Ask:** What was one praise and one challenge you experienced this week? Celebrate the praises and pray for the challenges.
  - **Ask** if anyone has a need or knows of a need, you can also offer "unspoken" prayer requests.
  - **Pray for the person on your right**, *it can be out loud or in silence*, if in silence nudge the person next to you letting them know you are done.
  - **Prayer Clusters:** Groups of two or three (by gender) and share your week together. Pray together and for each other. Send them a text, or leave a message letting them know you have prayed for them this week.
  - **Have someone in your group keep an active list of the requests and the answers for both the updates and to celebrate the answers.**

**Are you interested in the Bible and in helping Life Groups benefit from the weekend message? We have a team for you! Canvas members like you create these discussion guides each week. If you are interested in joining the team, please email [rickz@canvas.church](mailto:rickz@canvas.church)**