

NEW LIFE ONE STUDIES

Series: “Following The Way”

Week 5 Study Guide

Message: “Rest is a Gift, Not a Goal.”

(The Rhythm of Sabbath)

SCRIPTURE

Main Text:	Cross References:
<i>Matthew 12:1-13</i> <i>Luke 13:10-16</i>	<p><i>Biblical Sabbath Examples:</i></p> <p><i>Creation Gift</i> <i>Genesis 2:1-3</i></p> <p><i>Sabbath Delight –</i> <i>Isaiah 58:13–14</i></p> <p><i>Sabbath Serves –</i> <i>Mark 2:27–28</i></p> <p><i>Jesus is Our Rest –</i> <i>Matthew 11:28-30</i></p> <p><i>Sabbath is Completeness –</i> <i>Colossians 2:9–10</i></p>

UNDERSTANDING THE STORY

(This section focuses on understanding what the text means.)

Read Matthew 12:1–8

Main Idea:

Jesus confronts a performance-based view of Sabbath and reclaims it as a gift rooted in mercy.

Commentary:

The Pharisees accuse Jesus' disciples of breaking the law, but Jesus responds by pointing to Scripture and declaring that mercy matters more than sacrifice. When Jesus says, "Something greater than the temple is here," He is revealing that He Himself is the true dwelling place of God. Sabbath finds its meaning in Him.

Discussion Questions:

1. Why do you think the Pharisees reacted so strongly?
2. What does it reveal about their understanding of God?
3. What does Jesus mean when He says He is "Lord of the Sabbath"?

Takeaway:

Sabbath was never about rigid rule-keeping—it was always about relationship and mercy.

Read Matthew 12:9–13

Main Idea:

Healing on the Sabbath reveals God's heart for restoration.

Commentary:

Jesus invites the man to stretch out what is weak and broken. He does not ask him to fix it first—only to bring it honestly. The healing is immediate and complete, showing that restoration is God's priority.

Discussion Questions:

1. Why is it significant that Jesus heals on the Sabbath?
2. What does the man's response teach us about faith and surrender?
3. What might Jesus be inviting you to bring to Him?

Takeaway:

True Sabbath rest is found in surrender, not self-effort.

Read Mark 2:27–28**Main Idea:**

Sabbath was made for humanity, not humanity for Sabbath.

Commentary:

Jesus reorients the purpose of Sabbath. It is not something we serve—it is a gift God gives. Declaring Himself Lord of the Sabbath, Jesus claims authority to define its meaning and fulfill its purpose.

Discussion Questions:

1. How have you experienced Sabbath as a burden instead of a gift?
2. What would it look like to trust God enough to truly rest?

Takeaway:

Jesus doesn't abolish Sabbath—He redeems it.

Read Matthew 11:28–30

Main Idea:

Jesus invites the weary into relational rest.

Commentary:

Rest is not found in escape or inactivity, but in coming close to Jesus. His yoke is easy because He carries the weight. Rest flows from union, not isolation.

Discussion Questions:

1. What burdens are you currently carrying?
2. What does it mean to “come” to Jesus with those burdens?
3. How is this different from trying harder to be better?

Takeaway:

Rest is received, not achieved.

LIVING IT OUT

1. Set aside intentional time to stop striving and be with God.
2. Name your burdens in prayer and consciously surrender them.
3. Limit noise (news, social media) to create space for rest.
4. Reflect daily: Am I living from rest—or for rest?

For LifeGroups:

ENCOURAGE EACH OTHER

1. Encourage each other to practice Sabbath **together**, not alone.
That might look like a walk, a shared meal, prayer, or intentional unplugged time.
2. How can we encourage each other to bring what is heavy to Jesus?
3. Share how you're practicing rest and what it's teaching you.

Pray Together:

Jesus, we are tired from striving and carrying burdens You never asked us to bear. Teach us to trust You. Help us receive the rest You freely give and live from that place of grace.