

## SEQUOIA NOTES

### Today's Sequoia Message...

#### Happy Holy-Days!

With Jeremy Vasic  
Multiply & Mobilize Catalyst  
January 1, 2023



#### Happy New Year!

Mark 2:23-28 One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat. <sup>24</sup> But the Pharisees said to Jesus, “Look, why are they breaking the law by harvesting grain on the Sabbath?”

<sup>25</sup> Jesus said to them, “Haven’t you ever read in the Scriptures what David did when he and his companions were hungry? <sup>26</sup> He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions.”

<sup>27</sup> Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. <sup>28</sup> So the Son of Man is Lord, even over the Sabbath!”

**Sabbath is intended to be a gift.**

**Practicing Sabbath is wisdom.**

**Sabbath means to stop, rest, delight, and worship.**

**Jesus has already done the work for us, so we can stop from our work.**

**Big Idea: Enter into the holy-day of Sabbath to experience God’s rest and delight.**

**What would be your ideal 24 hours?**

- **Make a list of the things that would be refreshing to you in a 24-hour period.**



Sequoia Impact Communities are where we  
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Family of Servants on Mission.  
To get plugged in email:  
[impactcommunities@sequoiachurch.org](mailto:impactcommunities@sequoiachurch.org)

Happy Holy-Days!  
January 1, 2023

- 1) Last week we celebrated Christmas and talked about what true worship of the saviour looks like. What has God been impressing on you as it relates to growing in your relationship with Him? How did it go with your action step? Where have you seen God working?
- 2) Take time to have one person explain and the practice the 3 Circles Gospel Presentation or share their testimony.
- 3) Read Mark 2:23-28. What is the **Context** for this passage? Where is this taking place in the book as a whole (what comes before or after)? Who is the writer / speaker and who are the recipients? Where does it fit in the Bible? What's the theme of this chapter, or passage? What's the historical and cultural context?
- 4) **Observation:** What "jumps out" in these passages? What interesting details do you observe? What questions come up about this passage?
- 5) **Meaning:** What was the meaning for the original recipients? What meaning is inferred in these passages for us and what does this tell us about experiencing life in Jesus? What are the implications for those who want to follow Jesus?
- 6) **Application:** How is God speaking to you through these verses and through this message? How could you be being to practice Sabbath this year?
- 7) How do these verses call on you to change the way you live? What step will you take today? What principles do you need to pass on to others this week?



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