

Response Questions
Nov. 5, 2023 | Mark 2:23-3:6

1. Why is the Sabbath important in the life of a disciple of Jesus?
2. Do you think having Sabbath rest incorporated into your weekly routine is worthwhile? Why or why not?
3. Read Genesis 2:1-3. What is the Sabbath? Why is it worth noting that the Sabbath was instituted before sin entered the story?
4. Read Mark 2:23-28. What does Jesus mean when he says, "The Sabbath was made for man, not man for the Sabbath"?
5. Have you ever consistently and intentionally observed the Sabbath? What effect did it have on your life and wellbeing?
6. What other passages of Scripture can you think of that could help shape our concept of soul rest or Sabbath? What desires and expectations do you have for growing in this area of your life?
7. What are some potential reasons people may use for not practicing the Sabbath? Take a moment to reflect, are there any areas where you need to grow in time management? Are there any areas where you need to re-prioritize the things in your weekly routine to prioritize Sabbath keeping?
8. What does it look like for the church to practice the Sabbath in the context of community?