



GUARD

Sermon Discussion Questions - May 31 & June 2, 2024

Follow: Guard - Week 4

Mark 2:23-28

Serve SOILL 2024

Serve SoILL is Saturday, June 8th! Watch the Cornerstone Website for Project Registration this week! You can check out more info at cornerstonechurch.com/serveSOILL.

Cornerstone Men

More than just pancakes and devotions, Cornerstone Men exists to build a community of men who face the challenges of life together and learn to follow Jesus more closely through action and shared experiences.

cornerstonechurch.com/community/men

RightNow Media

Cornerstone provides access to RightNow Media, so if your group would like to use their resources for a study, check out the site!

rightnowmedia.org/Account/Invite/cornerstonesi

Cornerstone Women

Cornerstone Women's mission is to help women follow Jesus through growth in community at Cornerstone Church.

cornerstonechurch.com/community/women

Meal for Celebrate Recovery

Each week, a small group provides dinner for those in attendance at Celebrate Recovery. If your group is interested in serving in this way, email Gayle at gdwight@cornerstone.team

Mark 2:23-28

Questions:

- Read Mark 2:23-28. What do you think of when you read about the Sabbath in the Bible? What does Sabbath look like in our present church culture compared to Bible times?
- Do you observe a weekly Sabbath Day? If yes, why? How does it differ from the other days of your week? If no, why not?
- Sabbath observance can be a very polarizing topic in the modern church. It can lend itself to two extremes: harsh legalism or total disregard. Why do you think this is the case? How can we adhere to what the Bible says about it while also having grace for those who do not practice Sabbath the way we do?

- The Pharisees' restrictions around Sabbath created anxiety, extra work, and fear for many of the Jewish people...the very opposite of the things the Sabbath was designed to provide!
 - If you observe Sabbath, what does it provide you? What are the benefits you have seen in your own life that could encourage other believers to try it?

- Respond to the following statement: Rather than working to EARN our Sabbath, our weekly work should flow FROM our Sabbath! Why is this change of emphasis important to our understanding of the way God designed us to live?

- Sabbath is about more than taking time to rest (which is important!). It is also about realigning our view of God and opening our eyes to the needs of others. How can you be more intentional about keeping your Sabbath focus on God and others rather than your own comfort?

- What is one "new" Sabbath practice you can try to implement this week?
 - If you already Sabbath, it could be stopping something that drains you, going tech-free, or celebrating your salvation. If you are new to the practice, it could be as simple as picking a day and time to rest or setting a work/life boundary.

Brainstorm with your group, and commit to trying it out!

- This month has been all about creating healthy habits and rhythms to keep our lives in step with The Spirit! What is the main thing you are taking away from our Follow: Guard series? How has God grown you in the area of Guarding this month? Where do you want to keep improving?
 - Share with your group, and pray for one another as we close out this chapter of Follow!