



Destroying Distractions

Sabbath as Gift

Mark 2:23-28



Study Description

Jesus is Lord of the Sabbath. We also see that Jesus is Lord over the Law as well. He did not come to abolish it, but to fulfill it. We see the interaction of Jesus and the Pharisees who cared deeply about remembering the Sabbath (many times in the Gospel we see the Pharisees grumble about how Jesus does things on the Sabbath). Ironically, they find themselves enslaved to the law of Sabbath which is designed to free us from the rest of the world. Jesus is the true bread of life that we take from the altar of Presence and find rest in Him alone. His laws are not simply a "set of rules" but a way of life in which we find what it means to truly be human. Sabbath is a gift to help us live like Jesus with God and man united as one.

Share: (5 Min)

- What is something that God has been working on in your life?
- Read Mark 2:23-28¹ together.

Learn: (10 Min)

- Why were the Pharisees questioning Jesus on the Sabbath?
- What does it mean when Jesus says, "The Sabbath was made for man, not man for the Sabbath?"
- How is Jesus lord of the Sabbath?

Love: (10 Min)

- How does Jesus' response to the Pharisees reveal God's heart for humanity?
- How might the rigidness of how the Pharisees viewed the Sabbath limit our understanding of Scripture and God?
- What does rest or restlessness look like for our community? Do you believe people need to rest more or less in today's culture?

Live: (10 Min)

- When have you felt burdened by God's commands for you, even when you know they were created for your benefit?
- How can we keep the Sabbath holy, according to God's Word, without it being a burden on our life?

Prayer (15 Min)

- Pray for each other as you seek to find Sabbath rest this week.

Trios: Split into same-gender groups of three and pick a question. (15 Min)

1. How has God blessed your life recently since the start of this season of Life Groups?
2. What distractions are you currently facing in your relationship with God and/or others?
3. How can we support each other in our walk with Christ even when we are surrounded by distractions of the world?

¹ For further understanding of the story of David mentioned by Jesus, read 1 Samuel 21:1-6.



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Feel free to take any notes in the space below.