

Questions for the Week



Connect (pick 1 question to ask the group)

1. What has been the highlight of your week?
2. What has been the hardest part of your week?

Study (Read Mark 2:23-28)

1. Why were the Pharisees upset that Jesus and His Disciples were picking grain on the Sabbath?
2. What are some rules/boundaries that you have to keep you away from sin?
3. “The Sabbath was made for man, not man for the Sabbath.” What does Jesus mean by this?
4. The Sabbath is meant to be a 24-hour period where no work is done. Are you taking time for a Sabbath? What are steps you can take towards making time for a Sabbath?

Reflect

1. Based on this passage, is there anything you personally need to confess, consider, or surrender to God?
2. Is there any relationship or situation in your life that this story applies to?

Leader Notes

The Sabbath was a law from the Old Testament that instructed God’s people to spend 24 hours without working. As time went on, religious leaders added layers to God’s instruction in addition to the law. The problem is that the layers were then used to judge and evaluate others, missing the point of the law entirely. It is important for each of us to build healthy boundaries to protect us from our own temptations. It is also important for us to resist the urge to judge others based on our personal boundaries that are not God’s law. For instance, some of us should never be around alcohol because of our own temptations. For others this boundary is not necessary. We seek wisdom to make wise boundaries for ourselves, but we don’t use those boundaries to judge or condemn others. The Sabbath is a command and a gift, like all of God’s commands. We follow it because it is good for us and the world, not to prove that we are more righteous than others.