

DIGGING DEEPER GUIDE

BIG IDEA: SABBATH REST IS VITAL TO THE SOUL

Getting Started

What is your favorite thing to do on a Sunday?
Why?

Reflection/Discussion Questions

1. Why do you think God included "Sabbath-keeping" in the Ten Commandments? What makes it so important? (Exodus 20)
2. What kind of 'work' do the Pharisees accuse Jesus of doing in violation of the Sabbath? (2:23-24)
3. Jesus said, 'The Sabbath was made for man, not man for the Sabbath.' What is he saying here and why?
4. What is your biggest challenge in keeping the Sabbath as a day of rest?
5. God's intent for the Sabbath was our restoration. Complete the sentences:

I find physical restoration when I _____.
I find mental restoration when I _____.
I find spiritual restoration when I _____.

6. How has this COVID season helped or hindered your practice of worship and connecting with God on the Sabbath?
7. What are the prayer requests on your mind today?

Prayer: Jesus, you came to teach us and to challenge our thinking. Thank you for defending the Sabbath as a way to connect with you. Help us to carve out the time for rest and refreshment for our soul. While we can do that in many ways, thank you for the gift of worshiping with others and making it a routine each week. Amen.

Going Deeper: Read this story in the other gospels (Matt. 12:1-14; Luke 6:1-11). What additional insights do you gain from Jesus' responses to the Pharisees?

FOCUS SCRIPTURES:

"One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, 'Look, why are they doing what is unlawful on the Sabbath?' He answered, 'Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.' Then he said to them, 'The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.'"

Mark 2:23-28