

3:Hustle

Accompanies the 11/7/21 Sermon

The Gift of Rest Mark 2:23-38

We have all received good gifts. Those gifts that we get to use on a regular basis and truly value. In today's passage Jesus explains that rest is a gift for our soul. This week let's spend some time discussing about this good gift and how we can accept its benefit for our life.

ICE BREAKER

- Do you feel more rested when you get to spend time with family and friends or when you get to spend time with just yourself?

PREPARE YOUR HEART AND MIND

Open in prayer: Pray that as you reflect on today's scripture that God prepares your heart and mind. Pray for the ability to understand and apply its truths to your life.

SEARCH THE SCRIPTURES

Read the following Scriptures together and then use the questions below (or any you wish to add) to discuss the text and unpack its meaning.



Have someone in your group **read Mark 2:23-28**

- What about this verse strikes you?
- What accusations were the Pharisees making about Jesus?
- How could a strict observation of the Sabbath have been used as false piety by the Pharisees?
- Is Jesus suggesting that we do not take a sabbath? How is that a misreading of the meaning? Should we still observe a sabbath day?
- What does it mean that Sabbath was created for man?

GETTING PRACTICAL

During the first week of this series, we found that God rested to enjoy and experience the goodness of His completed creation. Later, he instructed his people to observe the Sabbath. Now we find that rest is a gift and in Jesus we can experience its fullness. Use the questions below to discuss what we might learn from this example.

1. What stood out to you about this week's message on this topic? Why did you find that so impactful?
2. Saint Augustine of Hippo famously said, *"You have made us for yourself, and our heart is restless until it rests in you,"* Reflecting on this quote and what you have learned about rest what does our pace say about our desires in our life?
3. Rest has a lot to do with the completion of God's work and about delighting in it. How does taking a sabbath speak to our values and the work of Jesus?
4. Following Jesus has a pace to it. That pace is not one of being rushed or frantic. Why is being overly busy contrary to the pace that we should have as followers of Jesus?
5. Have you or anyone you know consistently practiced taking a Sabbath day?
6. If a Sabbath is a gift for us, why is it so rarely practiced? What are some barriers that you have from experiencing this gift?
7. What activities tend to drain you the most? When do you feel the most refreshed and at peace?
8. Gifts are given for our benefit. As you reflect on the gift of rest what impact would this have on your life?
9. What is a particle step that you are willing to take this week that will allow you to be in a pace of grace?