



Life Guide

applying God's Word to life

Rest Is a Gift, Not Something to Be Earned June 1-3, 2024

Mark 2:23–3:6

²³ One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. ²⁴ The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” ²⁵ He answered, “Have you never read what David did when he and his companions were hungry and in need? ²⁶ 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.” ²⁷ Then he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is Lord even of the Sabbath.” ³ Another time Jesus went into the synagogue, and a man with a shriveled hand was there. ² Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. ³ Jesus said to the man with the shriveled hand, “Stand up in front of everyone.” ⁴ Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent. ⁵ He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored. ⁶ Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

1. What are some examples of rest being something earned in your life?
2. What are some of the dangers in thinking we can obtain spiritual rest for ourselves?

3. What was God's purpose for establishing the Sabbath Day? (cf. Deuteronomy 5:12-15)
4. Do we still observe the Sabbath Day as Christians? Why/why not? (cf. Colossians 2:13-17)
5. Why were the Pharisees so upset with Jesus and his disciples in this account? What was at stake?
6. Please explain: If Jesus fulfilled God's law for us, what place does God's law have in our lives today?
7. React to this statement: As Christians today, we sometimes turn worship into work.
8. Various parts of our worship service highlight God's mercy and love to us—which part of the service is especially meaningful to you? Why?
9. Where are our hearts convicted in this account?
10. Where does Jesus bring comfort to our convicted hearts?