

SERMON DISCUSSION GUIDE:

February 8, 2026

Series: MARK: *the life of a disciple*

Title: Sabbath

Text: Mark 2:23-28

Big Idea: Sabbath is Jesus' gift of rest.

Opening (5 minutes)

- Do you often feel hurried or behind?
- When was the last time you felt truly rested?

BELIEF — What does God want us to understand?

Mark 2:23-24 *"Why are they doing what is unlawful on the Sabbath?"*

1. Why were the Pharisees upset with the disciples?
2. What does their reaction reveal about how they understood God's law?
3. How can religious obedience become disconnected from God's heart?
4. From Genesis 2:2-3 and Exodus 20:8-11, what was God's original purpose for Sabbath?
5. What false beliefs about busyness or productivity shape our lives today?

Key Truth: Sabbath was created by God as a gift, not a burden.

BELONGING — How do we live this out together?

Mark 2:25-26 *Jesus reminds them of David feeding his hungry companions.*

1. Why does Jesus bring up David and his friends' hunger?
2. What mattered more to Jesus in this story — rule-keeping or caring for people? How does Jesus show this is a false dichotomy?
3. What does this teach us about how Jesus wants His people to treat one another?
4. How does constant busyness affect our relationships with family, church, and friends?
5. What would it look like for our group or families to practice rhythms of shared rest and worship together? This changes with seasons of life, what does this or could this look like right now?

Key Truth: God's commands are meant to help people flourish together, not weigh them down.

BECOMING — How is Jesus transforming us?

"The Sabbath was made for man, not man for the Sabbath..."

1. How does Sabbath shape who we are becoming, not just what we do?
2. What might trusting God look like with one day of true rest?
3. How is "sabbath" a risk?
4. What is one practical step you can take this week to practice Sabbath in a renewed way? (stop working, unplug, worship, enjoy creation, share a meal, delight in God)? Share your plan with the group for encouragement and so we can ask you next week how it went.

Closing Prayer

Ask Jesus, Lord of the Sabbath, to teach you His unhurried way of life and to form you into people marked by trust, joy, and deep connection with God and others.