

## DISCUSSION GUIDE

CORE52 I # 29 Rest

Mark 2:27-28

January 14-17, 2021



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 2:27-28 | NIV

- Allow each person in the group talk about how busy they are.
  - Do you manage time well?
  - Do you feel like you get most things done each week?
- How is time "The great equalizer"?
- Do you feel like you have clear priorities in your life?
  - What are they?
- Read Mark 2:23-27
  - What does v27-28 mean to you?
- In Genesis 2, why do you think God rested?
- Do you think we need to follow the 10 commandments? Why?
  - Do you think the 4th commandment is optional?
    - Do you agree that most people don't follow it?
    - What would you say the relationship is between idolatry and the Sabbath (taking rest) are? (Hint for leader - we work too hard because we idolize something other than God)
- What is the opposite of your work like? (Are you on your feet all day, with people, etc?)
- "Do you know why we don't take a day off? Even though we are a new creation in Jesus, so often we continue to submit to the pressures of the world. We idolize our career, salary, even the perception others" have of us. Read Colossians 2:20-21.
- How do people struggle with misplaced identity?
  - How do people struggle with materialism?
- Review, tell or read Mark 2.
  - What can we learn about Jesus' lifestyle?
    - Do we live anything like what Jesus did in Mark 2?
    - Legalism makes the Sabbath a burden, not a blessing. Do you agree, in what way?
- How is/can the Sabbath or rest be a blessing to you?
- In what part of life do you need to rest the most?