

Week 5

APRIL 6 | HEAL

## 24/6 | Week 5: Heal

### GATHER

As you begin, **pray** together.

**Read** God's Holy word.

**Mark 2:18-3:6 (NIV)**

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### An Invitation to Healing

*You don't have to be a social psychologist to identify the tension between the Pharisees and Jesus in this passage. The Pharisees want people to follow the rules. Jesus says something different, reminding us that "Sabbath was made for man, not man for the Sabbath" (Mark 2:27). Jesus didn't overlook the physical or spiritual needs of his followers to abide by Sabbath. Instead, He reminds them that He is "Lord even of the Sabbath" (Mark 2:28). Salvation and ultimate rest can only be found in Him.*

*"Sabbath is the time set aside to do nothing so that we can receive everything, to set aside our anxious attempts to make ourselves useful, to set aside our tense restlessness, to set aside our media-satiated boredom. Sabbath is the time to receive silence and let it deepen into gratitude, to receive quiet into which forgotten faces and voices unobtrusively make themselves present, to receive the days of the just completed week and absorb the wonder and miracle still reverberating from each one, to receive our Lord's amazing grace." -Eugene Peterson*

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## EQUIP

Take a group pause and then consider the questions together.

**“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)**

- What do you think Jesus means when he says “The Sabbath was made for man, not man for the Sabbath”?
- In this passage, Jesus calls himself the Lord of Sabbath (the Lord of rest). How have you experienced God’s rest in your life this week?
- What patterns or perceptions do you have in your day-to-day life that make it difficult for you to stop working (or thinking of work) and practice Sabbath?
- Sabbath can function as a God-given guardrail to keep us away from a mindset of greed or idolatry. Have you personally experienced this guardrail in your life? If so, share how it’s made you feel.
- Do you think taking a day of rest would change you or heal you from some of the brokenness you’re experiencing? Why or why not?

**“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.” -Mark 3:4 (NIV)**

- The Bible commands us to honor the Sabbath, but it does not instruct us how to honor the Sabbath. Do you feel the freedom to practice Sabbath in your own creative way?
- What are some ways that you have creatively practiced Sabbath in your life recently?
- What would you say is the difference between enjoying a weekend and keeping Sabbath?

## ENGAGE

**Consider these next steps for the week ahead.** Next week, share with your group how these practices helped or hindered your understanding of Sabbath.

- “There is no formation without repetition.” -John Mark Comer. Consider practicing something from last week again this week.
- Assess your Family Time. “Do a realistic self-assessment of “family time” and how it affects you. Family time is important, but parents need to be very careful that they don’t let all of their regular Sabbath time be taken up with parental responsibilities. (Introverts especially will need time away from the kids!) Keeping all of these things in good balance may be virtually impossible when your children are very young, but this too will pass.” -Tim Keller
- The more you give, the more you get. Take time to check in with yourself about your spiritual practice of Sabbath. After an honest look, take another step and commit to engage more

deeply in the practice. Trust God's transformative work in your life as you open yourself up to more dedicated time in Sabbath.

**Pray Together**

*Jesus, you know our needs—all of them. Thank you for the ways you care for us. We know that your command for Sabbath was not meant to tie us down or require an unrealistic devotion to a rule, but our devotion is to be to You. Thank you for the gift Sabbath. May we take all that we've learned here into our daily life. Help us close the gap between knowledge and action—that as we practice Sabbath, we become people who stop, rest, remember, observe, and are healed through your ultimate grace. Amen.*

