



BEREAN
SMALL GROUPS

FOR THE GOSPEL
ROMANS 1:16

Jesus Came to Grant Us Rest

Mark 2:23-28

Read Mark 2:23-28 together:

One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. ²⁴ And the Pharisees were saying to him, "Look, why are they doing what is not lawful on the Sabbath?" ²⁵ And he said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him: ²⁶ how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?" ²⁷ And 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."

Reading the Text.

- ? Read Mark 2:23-24. Pastor Deven talked about the many ways the Pharisees loved to add to God's Word, especially when it came to the Sabbath. How have you seen our culture today take rest and turn it into something it's not? Can we see any of those practices in our own lives?
- ? Read Mark 2:25-26. Jesus shows the Pharisees that when David was in need and was hungry, he sought out God and His presence. When we are in need and stressed, what do we tend to turn to? How do those things fail us in ways that God never will?
- ? Read Mark 2:27-28. Jesus shows us that the Sabbath was made for us, not the other way around. How does knowing that God built rest into who He created us to be change the way you view rest?

Legalistic Religion always seeks to turn a blessing from God into a burden, Only the Lord of the Sabbath can give you rest for your soul

- ? Read Colossians 2:23. How have you seen legalistic religion damage the way you view rest? How do you think seeing rest as a blessing from God would change how we go about resting?
- ? Read Colossians 3:1-4. Pastor Deven showed us that if we put our ultimate hope in someone or something else besides Jesus, we will never find true rest. Why do you think we turn blessings from God into burdens? How can we change that this week?
- ? Read Mark 2:28. How often do you think of Jesus as the Lord of our rest? Knowing that Jesus is the Lord of our rest, how does that change the way you view other things we try to find rest for our souls from?

Application

- ? Pastor Deven called us to slow down and do something different in our rest with the Lord. What would different rest look like for you this week? How can we make that a regular practice?
- ? What are some things that you try to find rest in apart from Jesus? What would it look like to lay those things down and find real rest in Jesus this week?

- ? Pastor Deven asked us to consider when the last time we simply reveled in Jesus and all He is and all He's done was. Find a time this week to spend time thinking about how the awesome hope of the gospel is present in your life, and praise God for how He is active and present in your life.