



“The Sabbath” - March 1, 2026

Sermon by Pastor Dom Bronico

Group Leader Notes

Are you tired... of being tired? From “sleep-cations” to burnout statistics, our culture is waving the white flag. Nearly 70% of workers report feeling burned out. We are more connected, more productive, and more informed than ever before — and yet we are exhausted. In this message, Pastor Dom Bronico explores what Jesus meant when He said: “The Sabbath was made for man, not man for the Sabbath.” (Mark 2:27) Sabbath is not an outdated religious practice, and it is not laziness. It is not legalistic rule-following. It is a life-giving practice designed to restore our whole being. In Mark 2, Jesus confronts a rigid understanding of the Sabbath and reframes it entirely. The Pharisees focused on what Sabbath restricted. Jesus reveals what Sabbath gives. True Sabbath rest refreshes our bodies, reminds us of our identity as human beings made in God’s image, and centers us on the Lord of the Sabbath Himself. In a world of constant productivity, endless consumption, non-stop communication, pressure to achieve more Sabbath becomes an act of resistance and surrender.

Main Scripture Reading: Mark 2:23-28

Group Discussion

Begin in prayer before reading and discussing the text.

- Pastor Dom contrasts “sleep-cations” with true Sabbath rest. What is the difference between physical rest and spiritual Sabbath rest? Where do you see yourself needing more than just sleep?
- In **Gospel of Mark 2:27**, Jesus says, “The Sabbath was made for man, not man for the Sabbath.” What does that reveal about God’s heart for us? How might we unintentionally turn spiritual practices into burdens instead of gifts?
- Pastor Dom said, “The Pharisees focused on what the Sabbath takes away, while Jesus focused on what the Sabbath gives.” How can busyness or legalism distort good practices in our own lives?
- Pastor Dom emphasized that Sabbath reminds us of our identity as human beings made in God’s image—not workers or producers. Where are you most tempted to tie your identity to productivity, achievement, or consumption?
- Practically speaking, what would it look like for you to incorporate a Sabbath rhythm this week? What life-giving activities help you worship and connect with God—and what distractions might you need to stop?

Let’s Pray

<https://youtu.be/vwqy2glzVHY?si=hR5tb2xH85HTUZYX>

